

[file name]:

02 of 05 - Wind - Feng - Talk – Lester
Levenson - Lester Levenson Six
Steps – Lester Levenson – TSM –
Lester Levenson Original Release
Method – Lester Levenson Original
1992 Sedona Method Release
Technique (Wind Feng).pdf

Wind (Feng) on Six Steps (One of 6 documents, this is
English translation of the document named “Wind’s talk on
Lester Levenson Six Steps and Lester Levenson Original
Release Method (The Original 1992 Sedona Method) ” – from
documents 00 to 05 in the Google Drive)

Version 1.0 – Wind (Feng)’s chat logs in
WeChat Weixin Groups “Shortcuts to Freedom” and “TSM The
Original Sedona Method Release Liberation Diamond Island”

Document Creation date: 14 Feb 2026

“ Simply release your feelings, your mind quiets, and you’re there.”
– Lester Levenson (1909-1994)

Source (Github):

<https://github.com/deng-bowen/6-steps/blob/main>

<https://drive.google.com/drive/folders/1WlCTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing>

People or authors mentioned in this document include:

Wind (Feng 风 / 風 in Chinese)

Lester Levenson (1909-1994)

Lester Levenson (The Sedona Method / The Sedona Release Method Technique)

The Original 1992 Sedona Method by Lester Levenson

The Sedona Method Release Liberation Technique

Wind (Feng) on Six Steps of Lester Levenson

Wind (Feng) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (student of Lester Levenson , author of the book 'The Sedona Method' , featured in 1992 Original Sedona Method 8 videos)

Nikki Warriner (featured in 1992 Original Sedona Method 8 videos)

Larry Crane (Lawrence Crane) / Lawrence Crane (1935-2018) (student of Lester Levenson, author of the book 'Abundance Book' and The Release Technique)

Stephen Seretan (author of the book "Lester Levenson and me")

Virginia Lloyd (author of the book "Choose Freedom" , a book about Lester Levenson)

Ralph Zeitlin (student of Lester Levenson)

Mike Klein (student of Lester Levenson)

Rick Solomon (student of Lester Levenson)

David Hawkins MD PhD (student of Lester Levenson , and author of the book 'Letting go: pathway of surrender')

Ramana Maharshi

Buddha

Yogananda

Jesus

PS. This document was translated from Chinese to English, with the assistance of DeepSeek in February 2026.

Background Information for spiritual seekers (and finders) :

Lester Levenson experienced a profound inner awakening in 1952 after a severe heart condition (coronary thrombosis) left him facing death; withdrawing to contemplate the cause of suffering, he discovered that his misery came not from circumstances but from his own suppressed feelings (emotions) and mental resistance. By systematically letting go of fear, desire, and attachment, he reported entering a state of deep peace, love, and freedom that did not depend on external conditions. This realization—that happiness is one's natural state and can be uncovered by releasing inner subconscious feelings —became the foundation of what later evolved into the Sedona Method (Release Technique).

Seen through the lens of Ramana Maharshi and Eckhart Tolle (Power of Now book), Lester Levenson's awakening can be understood as a collapse of egoic identification under the pressure of imminent death, followed by a direct abidance as pure awareness. Instead of seeking salvation externally, he turned inward and discovered that suffering arose from attachment to feelings, thoughts, desires, and fears; when these were relinquished, what remained was causeless peace and love. In Ramana's terms, the false "I"-thought subsided into the Self; in Tolle's language, psychological time and resistance dissolved into Presence. Lester Levenson's later teaching of "releasing" can thus be viewed as a pragmatic pathway to the same realization: that one's true nature is prior to thoughts and feelings, free of grasping, and inherently whole.

In China and in the Chinese speaking community (China ,Taiwan, Hongkong, Singapore, Malaysia), and there is this person with the ID "Wind" (Feng) (风) / 風 in Chinese), a well-known figure in China's spiritual seekers community, who claimed to have been thrown into "spiritual enlightenment" (Nirbīja Samadhi) after constant release (every moment 24/7) for about over a month in 2020.

Wind (Feng 风) / 風 in Chinese) focus was on the recordings of Lester Levenson's talks and the 1992 Sedona Method version of the course designed by Lester Levenson himself and led by Hale Dwoskin and Nikki Warriner . (8 videos of the 1992 course recordings are freely available on YouTube and bilibili).

Later on, the instructors after Lester Levenson who were his students , modified, added or subtracted some parts of it. The focus in those materials somehow shifted from achieving

freedom to having a happy comfortable life, which itself is awesome, but I wonder if we're leaving what's more out there , from Lester Levenson's original teaching.

The documents from 00 to 05 are the PDFs of chat logs of Wind (Feng) answering questions from other spiritual seekers.

Wind (Feng / 风 or 風 in Chinese) , a well-known pseudonymous student of Lester Levenson's Six Steps and The Sedona Method Release Technique - Letting Go) in China , rose to prominence among Chinese spiritual seekers community in 2021 , for sharing Chinese translations of Lester Levenson's audios, his direct awakening experience , and for emphasizing and popularizing the pure simplicity of " Simply Releasing 24/7 and applying the Lester Levenson Six Steps 24/7" .

Wind (Feng / 风 or 風 in Chinese) , is a dedicated practitioner and teacher of Lester Levenson's Six Steps (The Original 1992 Release Method – Sedona Method) who emphasizes the profound simplicity and effectiveness of the Six Steps as the complete map to Freedom, having deeply studied Lester Levenson's 1992 Original Sedona Method Course materials and audio recordings. Through his extensive experience, Wind asserts that "you don't need anything beyond the six steps" to achieve true freedom, consistently teaching that the Six Steps - from wanting freedom more than the world to experiencing increasing joy with each release - form a self-contained, powerful system that requires no additional techniques or modifications. Wind's teaching centers on the purity of Lester Levenson's original method, particularly as presented in the 1992 Original Sedona Release Method course, where he identifies the three fundamental desires (approval, control, and security) as the root of all emotional suffering, and emphasizes that continuous release of these desires, rather than merely releasing surface emotions, is the key to rapid liberation - a process he (and Lester Levenson) claims can take "only a few months" when practiced with complete fidelity to Lester Levenson's instructions.

As of February 2026, Lester Levenson, Hale Dwoskin, Larry Crane (Lawrence Crane) (Lawrence Crane), The Sedona Method, and The Release Technique, are more popular in China , than the rest of the world combined, since it is free, requires no belief systems, and no external guru or teacher. Virtually, all Lester Levenson's books, talks, videos (in English), have been translated into Chinese .

The Original 1992 Sedona Method Videos (8 videos), featuring Sedona Method instructors **Hale Dwoskin** and **Nikki Warriner**, have been viewed millions of times in China's YouTube (bilibili), while in YouTube the same video has less than 100,000 views.

Wind (Feng)'s chat logs PDF documents are freely available for download in Internet Archive, and contain essential pointers for true seekers, to start their journey to "Lester Levenson Six Steps and TSM (The Original 1992 Sedona Method)" .

Wind (Feng) said in the chat logs document:

"All the spiritual masters point to the same Reality , and Releasing via Six Steps, in my experience, is the most effective practice to get there (Freedom, Beingness, Reality) . Absolute security is only found in your true inner self (Infinite Beingness). "

Lester Levenson has a better summary: "The Sedona Release Method is simple, the method is also easy. Let the feelings come up, [recognize the deeper ego's intention] they are a desire for approval or control, and then let them out. Carrying out the six steps of this method, will take a few months to empty out all your garbage."

Lester Levenson's quotes:

" Feelings Are Suppressed Energy Under Pressure. Allow them to be and decide to release them, up and out."

" Even more simply, release the feelings as soon as you notice them. "

" Allowing feelings to surface , float up and out , and decide to release / let go of them instantly . "

"Releasing is simply allowing the suppressed feelings to come up and go out—without resistance, without effort, without identification. It's not thinking it away; it's feeling it and letting it float away. When you do this consistently—especially from a high state—you dismantle the entire structure of ego, and what remains is your infinite beingness. "

“You hear that word allow? That's just the way it happens.
Instead of holding it down or toying with it, you allow it up and out.”

"There is so much of it -- releasing occasionally helps but if you want to get it all out a huge accumulation, it's got to be constant it's in the Six Steps, you got to make it constant and all day long it's floating up and out you see the feeling and you see it release sort of like sitting back and watching the show go on."

"The way is simple and the way is easy. Let the feelings come up. Get them under approval or control and let them out."

"Taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval."

"The feelings comes up in waves, goes out. The waves stop and then you're finished."

3 core wantings described in The Original 1992 Sedona Method:

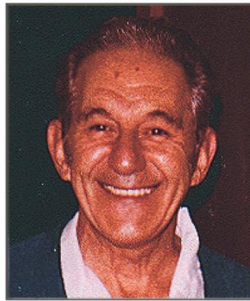
Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
Wanting Approval or Disapproval	feeling of not being worthy or good enough , fear of others' disapproval , intense neediness	Wanting love / acceptance/ admiration / caring/to be noticed/to be understood/to be stroked/to be nurtured/to be liked/to be	Wanting to be disliked/rejected/be looked down on/ to hide/to be misunderstood/to rebel/to be ignored

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
		recognized/to be popular/	
Wanting Control or to be Controlled	Feels rigid, controlling, hard-edged and pushy --- Be controlled -- Feels like wanting to be taken care of .	Wanting to change/understand/ manipulate/push/fix/f orce something/to have it our way/to be right/to be on top/ to make it happen/to coerce	Wanting to change/be changed/to be confused/to be manipulated/ to be fixed/to be forced/to follow/to be the underdog/to blame/to be the victim
Wanting Security / Safety / survival or fear of death	Feels threatened and unsafe -- Survival -- Feels like wanting to give up, rejecting life .	Wanting safety/to survive/to get revenge/to protect ourselves and others/to attack/to defend/to kill/to be safe	Wanting danger to end it all/to expose ourselves and others/to be attacked/to be defenseless/to be killed/to be annihilated/ to be threatened

===== Page 1 =====

Wind's talk on Lester Levenson Six Steps
Chat Log 2
2020.10

Thank you to Mr. Lester Levenson .



Lester Levenson
1909-1994

Thanks and dedication to Mr. Lester Levenson, the Founder of The Sedona Method

(19 July 1909 — 18 January 1994)

As long as you want help, I will never leave you.

Now the "real me" sees you as the "real you". When I'm not here, not with you in this physical body, it is the real me helping you.

Anytime you ask for the real me, you will find the real me right there. What happens is *you raise yourself up* so that you can get the answers yourself. You must get them.

——**Lester Levenson (1909-1994)**

The golden key is the **"Six Steps" Lester Levenson** summarized as follows:

1. You must want freedom more than you want the world.
2. Decide that you CAN do the method (Release) and be imperturbable.

3. See that all your feelings culminate in three wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the want of approval, the want to control and the want of security.
4. Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.
5. If you are stuck, let go of wanting to control the stuckness.
6. Each time you use the method, you are lighter and happier. If you do this continually, you will continually be lighter and happier. Go back to Step 1.

===== Page 3 =====

2020-10-02 (New)

Wind finishes translating advanced materials and a summary of the **releasing process** 1

2020-10-02

Wind begins a closed-door retreat for **continuous release**, gaining incredible experiences in just a few days, and **release** becomes the norm... 6

2020-10-08 (New)

Wind gives the clearest explanation that *surrender is not the Release Method*, and insights after five days of **continuous release** in retreat: *One day of continuous release equals several years of intermittent release* 18

2020-10-12 (New)

Wind guides releasing the **want of control**, explains it very clearly 25

2020-10-12

Wind leads a demonstration of the **original releasing steps** and explains the key points 33

2020-10-14 (New)

Wind shares experiences of **continuous release** 42

2020-10-15 (New)

Wind explains what **wanting control** is, what **being stuck** is, and leads releasing **wanting control** and **being stuck** 45

2020-10-15

Wind continues guiding the **original releasing process**. *If you release something you think is impossible, after releasing, that impossible thing seems a bit more possible* 55

2020-10-15

Wind explains and guides release using the process, shares an experience of one "knowing" happening after another 67

2020-10-15 (New)

Wind explains **karma**, **mind**, how to release pain, and that Lester Levenson only began teaching the **Release Method** later in life 79

2020-10-16

Wind discusses reasons for joining the group, methods to release the **fear of death**, and views on *A Course in Miracles* 89

2020-10-16 (New)

Wind summarizes the process for **releasing desires**, answers some questions, and leads the group in releasing 103

2020-10-18 (New)

Wind explains the **Six Steps** 120

2020-10-20

Wind *What we call dreams are more real than the material world* 121

2020-10-20

Wind specifically guides group members to release before entering long-term retreat 1 122

2020-10-21

Wind specifically guides group members to release before entering long-term retreat 2 136

2020-10-21 (New)

Wind guides the release of fear 147

2020-10-22

Wind specifically guides group members to release before entering long-term retreat 3 151

2022-10-22 (New)

Wind a word to those new to the **Release Method** 170

2022-10-22 (New)

Wind *No step in the releasing process requires any effort, no need to effortfully concentrate* 174

2020-10-22 (New)

Wind *How to release if suppression is very strong?* 177

2020-10-22 (New)

Wind *Physical sensations are just expressions, emotions are the cause* 180

2020-10-23

Wind guides group members to release 182

2020-10-23

Wind *Don't try to effortfully release, just simply feel it* 190

2020-10-23

Wind *The fear of death is the root cause of the two major wants, all emotions, and all thoughts* 197

===== Page 4 [text layer] =====

2

2020-10-23

Wind clarifies the key points of the **original method** 200

2020-10-23

Wind explains the **Six Steps** 202

2020-10-23

Wind *The Six Steps don't tell you to quit your job* 206

2020-10-23

Wind *Once you completely release it, a thought will proceed exactly as you want*
212

2020-10-23

Wind *The only thing hindering your freedom is that you don't want it*
215

2020-10-23

Wind *Hunger is a physical sensation, it is already an expression* 216

2020-10-23

Wind *During his retreat, Wind clearly saw that the Six Steps can lead to the final goal*
..... 219

2020-10-23

Wind *What is the difference between releasing and observing?*
224

2020-10-24

Wind *Seven Factors of Enlightenment* 229

2020-10-24

Wind *Wanting freedom means wanting to be free from all limitations, all feelings*
..... 230

2020-10-24

Wind *How to use the Second Step* 234

2020-10-24

Wind *Can you describe "allowing" in detail?* 235

2020-10-24

Wind *Helping students learn well* 236

2020-10-24

Wind *The Six Steps are a map* 240

2020-10-24

Wind *Use less mental analysis, just release whatever surfaces* 242

2020-10-24

Wind explanation of the **Fourth Step** of the Release Method: **Continuous Release**
..... 245

2020-10-24

Wind *Don't use your own invented "just observe"* 247

2020-10-24

Wind *Arguing with husband* 250

2020-10-30

Wind *Without the program of **wanting control**, you will release more smoothly*
..... 251

2020-10-30

Wind *Just releasing these two programs* 252

2020-10-30

Wind *Touched the sense of separation beneath the fear of death*
252

2020-10-30

Wind & Tiancheng — Were Lester Levenson's teachings during his lifetime paid or free?
..... 252

2020-10-30

Wind & Tiancheng — Wind's living situation at the time 253

2020-10-30

Wind & Tiancheng — Tiancheng's address 255

2020-10-30

Wind *Three States* 256

2020-10-30

Wind & Tiancheng — *People immersed in pain are too easily satisfied*
258

2020-10-30

Wind *Can't get approval because the world doesn't work the way you think*
259

2020-10-30

Wind & Tiancheng — *If you **want control**, this mental conflict will exhaust you*
259

===== Page 5 =====

2020-10-31

Wind Release "**wanting**," *let the whole world become your water glass* 261

===== Page 6 =====

4

===== Page 7 =====

2020-10-02 (New) Wind finishes translating advanced materials and a summary of the releasing process

Dalu Zheng 2020-10-02 08:47:11

Wind? If a relative or close friend is sick, and they don't feel anything for the **Release Method**, or are unwilling to practice, can I use the **Release Method** on my side to help them?

Wind 2020-10-02 08:47:25

You releasing yourself is fine too.

You can release and cure their illness.

Lester Levenson said so.

There is nothing outside, only your picture.

You don't have to believe him, just try it out.

D 2020-10-02 08:50:18

Someone took a photo with Lester Levenson, but after developing it, he wasn't in the picture. He said: *This proves that everyone projects their own individual world.*

Dalu Zheng 2020-10-02 08:58:30

Wind? Is the operating procedure the same? Regarding the friend's illness, what feelings do I have? And then...?

Wind 2020-10-02 09:01:46

The operating procedure remains unchanged.

Until you "**see**" that he is perfect.

I mean, once you completely release this matter, you will *know* it is already yours. This is mentioned in the **advanced course**, in *The Way*.

Wind 2020-10-02 11:00:16

In the early materials, just release **control** and **approval**.

Because you can't see **safety**.

Actually, he prefers to use the term *survival*, or the *fear of death*.

You are so *on guard*.

Preventing that *fear of death* from being seen by you.

Because you equate it with *actual death*.

Only by releasing enough **wanting control** and **wanting approval**, can you touch that *fear of death*, and then you can release it. That's why the **original Six Steps** only include **control** and **approval** without adding **safety**.

World $\equiv$ *approval and control*.

Kuang Bo 2020-10-02 11:03:45

And a sense of **safety**.

Wind 2020-10-02 11:04:03

Safety is not it.

Lester Levenson said *World* $\equiv$ *approval and control*.

===== Page 8 =====

Because the *fear of death* itself doesn't belong to the world, yet it is the deepest driving force behind all your emotions. *All feelings are survival programs*. If you truly feel it, then you can release the "*fear of death*". Underneath **control** and **approval**, once you release that, it's over.

Lucky Star 2020-10-02 11:10:22

I feel that the sense of **safety** is the hardest to release. Actually, the money and health we chase are all for a sense of **safety**. Fear is our deepest underlying energy. But the good news is, after about four months, I've mostly released it, there's still some left. Release until New Year's Day. Continuously release, the smaller the *false self*, the more the *true self* manifests for me. [Strong]

Wind 2020-10-02 11:14:32

That shouldn't be it. If the *fear of death* is seen by you, it only takes one or two weeks of releasing to become completely free. Completely free, the entire **mind** is released. The fear at the emotional level is still driven by **wanting control** and **wanting approval**, it's not the same as the underlying "*fear of death*".

Wind 2020-10-03 07:10:48

There's still the last part, part 6, I'll just do it all together.

Lester Levenson: *Our basic philosophy is very simple, that is that every one of us is **unlimited** except for those limitations that we mentally hold onto. When you release the mental constraints and limitations, we discover that we have always been **unlimited**. We have always been all-powerful, all-knowing, and perfect, because our basic nature is perfect, and we can't do anything about that. Except to keep looking the other way, "It's there, it's there," "Who am I, who am I," like a drunken man, trying to discover who we are and what we are. Then, a part of us—we call it the **mind**—makes us blind, preventing us from seeing*

*that our **unlimited existence** is inherent and natural. The **mind**, 24 hours a day, unconsciously searches for absolute security in the external world, but it's not there. So everyone unconsciously spends 24 hours a day in the wrong direction, searching for where we are, who I am, what we are, where our safety is. This is a 100% hopeless, frustrating direction. If your basic nature is whole, complete, eternal, why do you spend so much time every day struggling for survival? A nicer term is ignorance, but the practical term I give you is, any intelligent person would say "My God, if I knew that, I would become it immediately." Becoming what you are takes no time. The effort required to become what you are is zero. But becoming what you are not, becoming limited, takes endless, laborious struggle, unhappiness, and frustration.*

===== Page 9 =====

*Now, all of you have heard what I've said. How many intelligent people in this room will drop the struggle and simply allow your **infinite being** to be? If you do that, you will have an effortless, supremely happy life every moment. How many of us do that? You prefer to be miserable, you prefer to do what in my eyes are the most foolish things. If you can have anything by merely a thought, what is all this struggle for? I call you foolish because it might help you. Who here doesn't want to become intelligent? So, be intelligent! If you need the world to operate through effortless thought, allow it to fall into your lap, let go of all your pain. It's simple, it's easy, it's quick—if you do it. If you don't do it, it's complex, extremely difficult to attain, frustrating, and painful. But the choice is yours. You can be what you are now, whole, complete, perfect, or you can choose to look the other way, 24 hours a day. So what will we do? In the next month or two. Will we choose intelligence, or will we choose foolishness? I'll give you the answer, and I hope I'm wrong: I think you'll choose foolishness. But I can't figure out why you choose foolishness. Because the first thing I realized during my search was that I was foolish. I said it more than once, I said "Lester Levenson, you are so foolish! Foolish! Foolish! Foolish!", I said it three times. I meant it. So, when you hear me talk about foolishness, I don't want to be foolish, and that was the turning point. The next thing, of course, was to look in the right direction. I knew that what I had spent forty years looking for outside wasn't there. It's within. So there's only one direction left, inward. What am I? What is the world? What is my relationship to it? What are all these about? After I asked, the answer came. After it was all over, I could see my steps. I packaged it into this method, which is a very efficient technique, but you only use it partially, minimally, rather than fully, maximally. If you use it to its maximum, it will only take you a few months, and then you won't have suppressed feelings anymore. The only thing between you and your ultimate being is your suppressed feelings. So logically, make the decision, stop being foolish, become intelligent, release all these suppressed feelings. Within one or two months. I don't think I can give you any better revelation than that. I could say you can do it in one or two centuries, but why not now? You are the **infinite existence** right now, why not just let them go? Release all the coverings, they are all in your feelings. Any questions about what I've said? I've said what I needed to say.*

Student: (inaudible)

Lester Levenson: Yes, I walk around with a nice smile on my face, and I hug everyone who comes by. Then, I say I belong to a spiritual organization, and then... blah blah blah, these

are all just excuses for action. You'll find me moving quite steadily through the metaphysical community. Sedona is a very good gathering place for those communities, but

===== Page 10 [text layer] =====

4 this really exists everywhere. They could really be summed up in one word, ego/pride. Metaphysical, spiritual people are obsessed with ego/pride: I know more than others, I am closer to God, I know where the energy vortices are. But that's wrong, all energy vortices are within you. I think someone took me to a vortex once, I was walking with Zara, and I said "Where is it?", she said "You're right on top of it." I said "Where?", she said "On the rock." But that was wrong, my God. I wanted to experience it, but I didn't get any feeling from the rock. Those rocks are in your head, you believe in it. It's true. All the power in the universe is within you, you say "I," "I am," don't give it to a rock. You'll be stuck between a rock and a hard place. (Laughter) Did I answer your question?

Student: (inaudible)

Lester Levenson: *Release your feelings of **non-love**. Your basic nature right now is Christ-like, that is the nature of every one of us, it is covered by coverings. It is covered by coverings—feelings of **non-love**. Anything you don't love, there is a feeling of **non-love**. So you must let go of all these feelings, and what remains is **pure love**. You don't need a PhD to understand this, in fact they are wrong, they are just decoration, because they try to get it through the **mind**, and the **mind** is the obstacle. The **mind** maintains all limitations, in your being, you are **unlimited**. I say "Are you?", you say "Yes," I say "That's it." Why all the trouble? Become an extremely limited framework. Did I answer your question now? Any other questions?*

Student: (inaudible)

Lester Levenson: *Not releasing it. (Laughter) You say you want to do this and that, but you don't release it, why not release it? Okay, you want to suffer, you want to hold onto these feelings, God bless you, what else can I say? But that is the answer. Whatever question you want to ask, ask me now.*

Student: (inaudible)

Lester Levenson: *Talking about it replaces doing it. And that's what you allow yourself to do. So I say don't release. Suffer, that's terrible! He might suffer, rather than get angry and want to kill me, because he knows what I mean. It's a choice, to suffer, or to become your ultimate happiness—that is your basic nature. This existence here is God's existence, God's universal **infinite existence**. Therefore your existence must be included. When you identify with your existence, you are identifying with God's part, becoming God. Can God do what you want? His secret is that there is a bigger bank than he says.*

Student: (inaudible) *...I spent a long time searching, by asking who I am, and then arrived at that "I Am" place, although through my **mind**, although through my understanding, because... how else can you do it?*

===== Page 11 =====

Lester Levenson: *Do you have that releasing technique? When did you finish that course?*

Student: January.

Lester Levenson: *Okay, you should be free by now. I said it would take you three months, or less. If you **follow through** with the **Six Steps**. I know this, because it took me three months, and I didn't have the **Six Steps**. They were developed during my process. I think if I had started with the **Six Steps**, I could have done it in a month. It doesn't take time, because "You are That." You are that **unlimited** being, it is there, it is your being. But you are totally engaged in being a body. Use a method to quiet your **mind**, your true Self will become very obvious to you. That is the fact, you are **unlimited**. It's just your feelings, gathered as "I can't." Using affirmations is trying to further program, first good things, then bad things come out. That gives you more programs to get rid of. Anyway, it probably won't work for anyone except 5% of people. Does it work for you?*

Student: (inaudible)

Lester Levenson: *Okay, our physical therapy is certainly better than physical illness. But the way you're dealing with it is the most limiting way possible in the universe. Have a physical body, identify with it, and imprison yourself inside it. So, "affirmations" work, they excel at keeping you bound, you go around in circles. Release on your body, and then just by a mere effortless thought, your body will be perfect, if you want a perfect body. The body is an exact replica of your **mind**, your **mind** is the sum total of all your thoughts and feelings. So get rid of all your feelings, your **mind** becomes quiet, and then you will abide in your **infinite being**, conscious of it. Simple. Very easy if you do it. If you don't do it, it's impossible. Any other questions? OK, so, sermon over. The only thing you have to do is release.*

The Way series translation completed.

Ran 2020-10-03 10:21:07

Thank you, Wind!

Wind 2020-10-03 13:28:30

You're welcome. *The Way* ultimately returns to **release, release**.

You're welcome, but note that Lester Levenson's audio materials are **advanced courses**; they cannot replace the **basic process** of the **Release Method**.

The Process for Releasing Emotions

Step 1: Allow yourself to feel the current feeling, and trace it back to an **emotional state** (Apathy, Grief, Fear, Lust, Anger, Pride).

Step 2: Ask yourself, *can I let this feeling go? Will I let it go? When?*

Step 3: See what you are feeling now, and repeat the previous process.

===== Page 12 =====

I've summarized it.

The Process for Releasing Desires

Step 1: Allow yourself to feel the current feeling.

Step 2: Notice whether it comes from **wanting approval** or **wanting control**.

Step 3: *Can you become aware of this **wanting control** (or **wanting approval**)? Can you let it go?*

Step 4: *Do you still have any remaining **wanting control** (or **wanting approval**)? Can you become more aware of it? Can you let it go?*

Repeatedly become aware and **release** until you are completely free.

I've also summarized **releasing desires**. This is the guidance process in the videos.

2020-10-02 Wind begins a closed-door retreat for continuous release, gaining incredible experiences in just a few days, and release becomes the norm.

Wind 2020-09-30 19:29:40

The feeling of releasing is very special. Suppressed energy leaves the body, and simultaneously, psychologically, a more pleasant feeling arises. **Moving up**, moving upwards. It at least produces emotions above fearlessness, very clear. So releasing won't be confused with other experiences.

Fan Xing 2020-09-30 19:29:46

In this audio, Lester Levenson keeps talking about releasing "*tendencies*". What does this "*tendency*" mean?

Wind 2020-09-30 19:48:26

Tendency should be **desire**. Because Lester Levenson has said things like "the tendency to want approval."

Wu Xin 2020-09-30 20:04:18

@I am infinite? @Wind? May I ask how Lester Levenson's "*dropping*" is operated?

Wind 2020-09-30 20:04:32

It's just **releasing**.

Wu Xin 2020-09-30 20:04:35

Is there a process for *dropping*?

Wind 2020-09-30 20:04:51

No, the process was invented only after the **Release Method** was created.

===== Page 13 =====

How does *dropping* operate? There probably aren't any questions anymore, right? Is it like dropping feelings, emotions, and **desires** like throwing away trash?

Wind 2020-09-30 20:07:04

Why don't you use **releasing**? Lester Levenson said the **releasing process** is the most efficient technique he invented.

Wu Xin 2020-09-30 20:08:23

I feel *dropping* is faster than the process.

Wind 2020-09-30 20:08:40

Earlier teachings weren't very helpful for people. Lester Levenson said the **Release Method** is the fastest way. It depends on whether you believe Lester Levenson.

Wind 2020-10-02 10:43:20

Actually, what Lester Levenson means by "*advanced*" should be to follow those guidelines: *get everything you want by releasing only, go directly to fear of dying*.

There are several guidelines.

Following any one of them can lead to freedom quickly.

I 2020-10-02 10:53:59

This way, continuously releasing the **desire to change**, various inner emotions, **desires**, and feelings keep surfacing, and finally, only the *fear of death* remains, surfacing and leaving in the same way. This is **direct release**. A method to release the *fear of death*. No need to stimulate or imagine through other things.

Wind 2020-10-02 10:56:57

Yes, just release **stuckness**. *Post graduated way*.

Still on the train, will continue releasing for a while. Afterwards, I plan to go into retreat and release continuously, heading towards the goal of freedom. See you after the retreat.

Nothing 2020-10-02 11:38:28

Translate a few more materials before going into retreat [Grin]

Wind 2020-10-02 11:45:53

Release cannot be delayed. The existing materials are actually sufficient [Chuckle]. I'll continue translating when I come out.

Wind 2020-10-03 00:28:50

I think I'll finish translating *The Way*.

===== Page 14 =====

Just listened to the last two parts. Listened again. Also listened to *Beingness* again. Felt very encouraged. I think this material should be shared first. I also listened to "*Happiness is Love*" again. This is actually Lester Levenson telling his own awakening process. "*An Uncommon Love*" should be based on this audio. Also "*Get High to Release*". These teachings themselves are too good. Because I'm outside, translating on my phone. *The Way* series is completed. Lester Levenson's *Beingness* audio, I'll translate later, it's also very good. Lester Levenson's teachings are concise and powerful. Very simple. Whatever feeling you have, it's

driven by **wanting control** or **wanting approval**. And **wanting approval** and **wanting control** are to ensure your survival as a body. That is the *fear of death* driving at the bottom. No matter what the feeling is, that's how it is.

I am in **intensive release**. Every time I do **intensive release**, I only need less than four hours of sleep.

Leaping Flame 2020-10-03 10:25:15

@Wind? What does **intensive release** mean and how is it done?

Wind 2020-10-03 10:25:36

Oh, I just mean doing nothing else, only **continuously releasing**.

Leaping Flame 2020-10-03 10:26:49

Release the **three basic wants** directly?

Wind 2020-10-03 10:27:09

Yes, identifying two is enough. The one underneath will surface on its own.

The end of *The Way* returns to the starting point.

The only thing you have to do is release, release. Just release.

Follow through with the Six Steps.

You can reach the final goal very quickly.

Do you expect Lester Levenson to say something else to satisfy your mind? He won't.

Big bite instead of a bit bit.

Use this method to its fullest.

===== Page 15 =====

Wind? What about having no emotions, numbness? Actually, I'm dissatisfied with "something," but there are no emotions. Or can't perceive them.

Wind 2020-10-03 12:41:39

This is also an emotion.

In *The Way 1*, Lester Levenson specifically discussed vague, unclear feelings.

Release the **wanting to change** the vague, unclear feeling, and the feeling will become clear.

This is actually the **Fifth Step** of the **Six Steps**.

D 2020-10-03 12:42:46

Lester Levenson said one could complete the entire journey in a month. I haven't seen anyone, not even Lester Levenson's direct disciples, achieve that.

Wind 2020-10-03 12:42:59

Others don't matter. What matters is that we achieve it. Lester Levenson's teachings are sufficient. You don't need to wait for someone else to become free.

D 2020-10-03 12:46:21

Wind? I've long wanted to release like Lester Levenson, but whenever I stop working, my rent is due, and I have no money for food.

Wind 2020-10-03 12:47:29

The **Release Method** can be used both in public and in private. If you forcefully try to *isolate* yourself, it won't work.

D 2020-10-03 12:47:45

The key is that the phone is such a burden! Every time I want to calm down and **release**, the **ego** always says to me: Oh my God! Old chap, let's pick up the phone and play a game of Mahjong first, shall we?

Wind 2020-10-03 12:47:45

Lester Levenson said so.

Because your **karma** drives you to act.

So, trying to remain inactive is useless.

***Only releasing helps. ***

You are driven by feelings and programs because you are unwilling to look at those feelings. But you have a choice.

We have a method.

We have the **releasing process**.

Actually, it's not difficult.

The Process for Releasing Emotions

Step 1: Allow yourself to feel the current feeling, and trace it back to an **emotional state** (Apathy, Grief, Fear, Lust, Anger, Pride).

Step 2: Ask yourself, *can I let this feeling go? Will I let it go? When?*

Step 3: See what you are feeling now, and repeat the previous process.

===== Page 16 =====

The Process for Releasing Desires

Step 1: Allow yourself to feel the current feeling.

Step 2: Notice whether it comes from **wanting approval** or **wanting control**.

Step 3: *Can you become aware of this **wanting control** (or **wanting approval**)? Can you let it go?*

Step 4: *Do you still have any remaining **wanting control** (or **wanting approval**)? Can you become more aware of it? Can you let it go?*

Repeatedly become aware and **release** until you are completely free.

Just now in the neighboring group, someone asked about the **basic process**. I slightly summarized the content of the video. The guidance in the video is like this. This process can be used as a reference.

Wen Min 2020-10-03 14:22:58

Does anger include both?

Wind 2020-10-03 14:23:26

All include both.

Emilie 2020-10-03 14:23:40

I feel that the translation of "Apathy" is not precise enough. I personally still prefer the translation "despair" (*wan nian ju hui*) in the emotion chart you recommended, which is more accurate.

Wind 2020-10-03 14:28:29

I see in the videos they often use "*powerless*" to refer to a state of helplessness.

Fang Fei 2020-10-08 11:02:22

After releasing, my face has been numb for a while. Should I release the numb feeling? The face numbness started yesterday and hasn't appeared before.

Wind 2020-10-08 11:02:45

If it bothers you, just release it. Release that **wanting to change**. It's not about releasing the face numbness. **Wanting control**, become aware of it, release **wanting control**.

Fang Fei 2020-10-08 11:03:30

Wanting to change, I need to experience this further. I just ask myself—*Can I release the desire to change the face numbness now?*—Do I ask like this?

===== Page 17 =====

Wind 2020-10-08 11:03:56

Wanting to change is also a **feeling**. Feel this **wanting to change**, then let it go. The *fear of death* is also just a **feeling**. Lester Levenson said so. I'm just repeating.

Fang Fei 2020-10-08 11:05:17

But just now I realized that **wanting to change** is a **feeling**. I used to find it so abstract.

Wind 2020-10-08 11:09:23

Yes, you can't operate on abstract things. The drivers of everything are feelings. **Survival programs**.

Wen Min 2020-10-08 11:21:09

Wanting to change includes expectation and urgency, a bit of eagerness to achieve.

Wind 2020-10-08 11:22:28

This, actually put another way, might be clearer.

Expectation and urgency are **emotions**.

They are all driven by the **feeling of wanting to change**.

Once you release the **wanting to change**, these individual **emotions** will also dissipate.

Fang Fei 2020-10-08 11:26:31

Are **desires** deeper than **feelings**?

Every time I release a current feeling, it's very fast. But seeing everyone talk about releasing the **three basic desires** behind it, I'm a bit confused whether I should release the feeling or categorize the feeling into a **desire**?

Wind 2020-10-08 11:27:16

Lester Levenson's theory.

You want to survive as a body, so you develop a *fear of death*.

This is the deepest driver of all **emotions**.

All **desires**.

To ensure survival, you develop **wanting approval**.

To get **wanting approval**, you develop **wanting control**.

All **emotions** are **wanting approval** or **wanting control**.

All thoughts are driven by **emotions**.

Therefore, the entire structure of the **mind** is like this:

*"Fear of death (wanting to survive) — **wanting approval** — **wanting control** — nine **emotional states** — specific feelings — thoughts — world"*

The former drives the latter. Release the underlying one, and what is driven by it is also released.

===== Page 18 =====

If you feel there is a problem, there must be a **desire**.

Suppression means **wanting control** is operating.

Release **wanting control**, and you are no longer suppressed.

The underlying **wanting approval** and **wanting to survive** will surface.

But if you don't release the deeper **wanting approval** and **wanting to survive**, **wanting control** will continuously be developed.

So, **continuous release** is key.

Let release happen again and again.

One after another.

Touch the deeper levels, deeper and deeper.

Just let it *float up and out*.

If there is **wanting to change**, release **wanting to change** again.

If you release enough, it will be like Lester Levenson said, *"floats up and floats out,"* continuously released like waves.

This time in retreat, I *float*ed for two days.

So *high*!

Being able to use the **Six Steps** is the **advanced** level.

Lester Levenson's **advanced course** is just repeatedly discussing how to practice the **Six Steps**.

D 2020-10-08 13:13:09

@Wind? How to release sleepiness?

Did Lester Levenson have any specific explanation for using sleepiness to resist **release**?

Wind 2020-10-08 13:14:27

Yes, when the **ego** resists, you want to sleep, do other things.

But you don't need a special method to release sleepiness.

If you **want control**, just release it.

D 2020-10-08 13:21:22

@Wind? Tell us about your retreat experience.

Wind 2020-10-08 13:32:02

No special experience, just **high**.

Continuous release itself gives you momentum.

Lets you release more.

Go **higher**.

This **high** is basically indescribable and unimaginable.

Yi Tian 2020-10-08 13:34:29

@Wind? How to release hunger?

Wind 2020-10-08 13:35:00

For any uncomfortable feeling, you can release **wanting control**.

You **want to change** that feeling.

Become aware of this **wanting to change**.

Let it surface, release it.

===== Page 19 =====

I often release feelings of hunger and sleepiness.

Yi Xuan 2020-10-08 13:36:06

Do you also need to release your **high**? @Wind

Wind 2020-10-08 13:36:30

Yes. Lester Levenson said, *get high to release*.

You need to continue releasing that **high** feeling.

Even after releasing, you can still eat and sleep. By the third day of releasing, I didn't sleep at all, full of energy, not sleepy.

Times Everything Connected 2020-10-08 13:39:12

Release **wanting money**, can money come automatically? How does it come automatically?

Wind 2020-10-08 13:39:51

If you can **release**, it comes automatically. Completely release.

Times Everything Connected 2020-10-08 13:41:09

Any practical cases? Share, achieving instantly.

Wind 2020-10-08 13:41:35

Too many, can't think of any to share right now. I remember Lester Levenson telling his student Michael: *You have reached the state where whatever you want, you create. But why haven't you reached the materialization stage? That is, the astral stage. He said, continue releasing, and you will reach it. You can materialize matter instantly, make matter disappear instantly. You can teleport, move instantly.*

Yi Xuan 2020-10-08 13:44:07

Then you wouldn't be called a person anymore?

2020-10-08 13:44:25

Still a person, but the limitations of the **material world** have been released. On the **physical** level, i.e., the **material world**, creation is delayed. You have a thought, and after some time, it happens. That's why this world seems complex.

===== Page 20 =====

On the **astral** level, as soon as you think, things happen immediately.

On the **causal** level, as soon as there is a **desire**, it is immediately satisfied.

The formless realm, the realm of form, the realm of desire.

The **causal body** in the **causal world** is non-material.

The **astral body** is composed of pure light particles.

Therefore, it is formed immediately after you think, exactly as you imagined.

Physical matter is *frozen energy*.

It will be delayed in occurring.

You simultaneously have these three bodies originally.

Thoughts are collections. The **mind** is nothing but the collection of all thoughts.

Release the **mind**, what remains is **infinite being**.

When you identify with your **infinite being**, if you want a body, you can instantly create a hundred.

But you won't identify any of these bodies as yourself.

Everything I said above is Lester Levenson's original words.

Yes, release the entire **mind**, what remains is **infinite being**.

That's it. Release, and see what happens. See what's behind.

*Release all feelings, your **mind** quiet, that's it.*

@Wind? How do you release this **high**?

Wind 2020-10-08 14:03:26

Let up and let go, nothing special.

Yi Tian 2020-10-08 14:05:51

The key is to be aware that it's just a feeling, right?

Wind 2020-10-08 14:06:30

Yes.

Realize it's a feeling, then you can release.

Yi Tian 2020-10-08 14:08:50

Have you seen Lester Levenson's comb? @Wind

Wind 2020-10-08 14:10:26

Not yet.

I plan to continue releasing.

Came out for some fresh air today.

Qian 2020-10-08 14:59:56

"*Wanting to live, wanting to die, fear of death, fear of living, these four things.*" Lester Levenson's original words.

Wind 2020-10-08 15:04:39

They are the same thing. The same thing. The *fear of dying*.

===== Page 21 =====

Release it and it's over. These four are one thing: the *fear of death*, manifested as these four. Sometimes you want to die, sometimes you want to live, sometimes you fear death, sometimes you fear living. This is all "*fear of death*" (**wanting to survive**).

This is all "*fear of death*" (**wanting to survive**).

Wind 2020-10-11 17:39:20

The 1992 course is the entire content taught by the **Sedona Institute**. There are eight videos in total.

Especially the last four videos, which show the simplicity and efficiency of **releasing**.

Pay attention to the **three major wants**.

I know many people find later processes work for them, but I guarantee the **original method** works better.

Look at your current feeling,

Does it evoke **wanting control** or **wanting approval**?

Can you be aware of it?

Can you allow it to be released?

Is there more?

Can you allow it to be released?

You will see these **wants** are like waves, constantly pushing themselves out.

And each time a **want** is released, countless emotions attached to it dissipate.

What does "*make release constant*" mean?

Literally.

Release happens continuously, as naturally as breathing.

Guidance of Wisdom 2020-10-11 17:45:20

Why didn't Lester Levenson himself write a detailed book on the **Release Method**?

Wind 2020-10-11 17:46:06

He taught in the form of courses. He showed others how to do it. Letting someone like you and me demonstrate it for you. Showing you how simple **release** is. For self-learners, those eight videos are the best course. For the method itself, we really don't need more content. All the tools are there.

Guidance of Wisdom 2020-10-11 17:47:54

Lester Levenson said to be vegetarian. Are you planning to become vegetarian, Wind?

Wind 2020-10-11 17:48:22

I am already vegetarian.

===== Page 22 =====

What I am experiencing now, I have never experienced before. To avoid influencing, I won't share further. But, keep releasing continuously. The scenery ahead is unimaginable. Catching my breath, then continuing to release.

Hui Xuan 2020-10-11 18:26:18

Is it that there's simply no time to feel the emotion, it gets released?

Wind 2020-10-11 18:26:59

Something like that. Desires are released as soon as they are touched. As release accelerates, you realize that what were previously **high** points are actually very low. Desires become noticeable instantly.

Hui Xuan 2020-10-11 18:30:08

Emotions released, beliefs gone, that's *emptiness*, no desires. Life would really be meaningless. The **ego** wants nothing.

Wind 2020-10-11 18:32:21

This cannot be imagined with the **mind**. I want to release all the way to the bottom, but I really can't sit still anymore. Just now I ran a lap on the bridge. Too much excess energy. This should be the huge energy brought by release.

By the last two days, I understood what **continuous release** means. Basically, each release brings a very abundant release of energy.

Ju Ting 2020-10-11 18:43:41

@Wind? Are you releasing all the disharmonious energy in your life? Or targeting specific people, things, events?

Wind 2020-10-11 18:45:22

The **three major wants**. Because you live in "*wanting*" every moment. After releasing one, another comes. After releasing one, another comes.

Wen Min 2020-10-11 23:35:45

I envy you so much, Wind. I also want to reach that stage.

Wind 2020-10-12 00:17:17

Just use the method correctly.

ZOEY 2020-10-11 18:47:48

After releasing, are there changes in the frequency and intensity of emotions and desires triggered by external stimuli?

Wind 2020-10-11 18:57:57

Not exactly. I'll explain in detail after my run.

===== Page 23 =====

Wind 2020-10-12 00:23:07

This question is like this.

Approval and **control** equal the world.

Having strong *attachment* and *aversion* to the world.

It happens every moment, I am in these **wants** like a fish in water.

But if you decide to release continuously, you let them go one by one as they come.

Soon you find yourself in this sea of **desires**.

If you release continuously for a few days, you will become very, very quiet.

Under this quietness, many strong **desires** will surface very clearly.

When noticed, they are simply released in an instant.

Release becomes the norm.

Because you discover that suppressing them underneath is unnatural.

You have been unconsciously suppressing them all along.

And this is a deeply ingrained, powerful habit.

When enough **wanting control** is released, this habit loses its power, and the tendency to release naturally becomes stronger.

Released to a certain point, for a moment, suddenly you feel that the body is not you.

It just moves, but there is no *self* operating within.

But this identification with the body immediately returns.

At the same time, I perceive that this is **wanting control**.

This **wanting control** is released.

As for the experience below, my intuition tells me it's not suitable to share.

I will continue releasing.

Yi Tian 2020-10-12 06:02:14

It seems that at the **advanced** stage, indeed, once you perceive it, you release it. But why, at the **initial** stage, even though you perceive it, you can't release it immediately, and need to repeatedly use the questions?

Wind 2020-10-12 06:31:58

Like the analogy I just gave.

A fish, accustomed to the sea, may not perceive the water.

Because the habit of suppression is a strong tendency, you need to consciously perceive and make the decision to release through repeated questioning.

But when you reach a point where this deeply ingrained habit is released, then the natural tendency to release itself becomes your habit.

At this point, it becomes very easy for you to *make release constant*.

Make it constant.

In Lester Levenson's words, *you just watch it float up and float out.*

Watch the limitations **float up**, and then **float out**.

===== Page 24 =====

The complete words are like this. But before reaching the point where that habit is reversed, you must do it consciously.

Otherwise, you will be dominated by habit.

This is the importance of the process.

The process for **releasing desires** probably operates like this.

2020-10-08 (New) Wind gives the clearest explanation that surrender is not the Release Method, and insights after five days of continuous release in retreat: One day of continuous release equals several years of intermittent release.

Group Member 2020-10-08 09:58:43

Shocked, what's the difference between *acceptance* and **release**? *Acceptance* is **release**, just different phrasing. *Acceptance* is because emotions, beliefs, this "I" doesn't actually exist, so allow it to be as it is. It is the *acceptance* of "*witnessing*."

Under "*witnessing*," *acceptance* and **release** are the same thing.

Any tool is just to make you jump out of the role, know "Who I am." Ultimately, it's all *surrender*.

I 2020-10-08 10:00:50

Thinking they are the same means not only have you not entered the **Release Method**, you haven't truly released either, and moreover, you've been heavily brainwashed by other methods.

If you have the ability, find Lester Levenson's words. If Lester Levenson said *acceptance* equals **release**, then I'll accept it. If not, then maybe you need to reflect on being too arrogant.

Wind 2020-10-08 10:04:05

There are two passages from Lester Levenson that can resolve this argument. They are quite clear. Everyone can take a look.

There are many aids to doing it. In the little booklet, The Eternal Verities, there are ways and aids like: "Get to the place where no one and nothing can disturb you." When someone disturbs you and you don't know why, the thought is subconscious. Bring up the thought. By

constant trying you will develop the habit of actually getting it up; you'll see that there's a limiting thought, an ego or selfish motivation behind it and you'll drop it.

Q: *Is just seeing the subconscious thought or motivation enough?*

===== Page 25 =====

Lester Levenson: *Just looking at it is not enough. You must consciously drop the thought or consciously will out the tendency or motivation. I'm assuming you'll want to let go of these thoughts because they're all limiting and negative.*

This is from "*The Ultimate Freedom*" book. There's another passage in the later audio "*Beingness*."

Kuang Bo 2020-10-08 10:07:06

I listened to Larry Crane (Lawrence Crane)'s recordings, his students. To release fear, he asked his students to *accept* the fear.

Wind 2020-10-08 10:07:27

The second thing I want to say is about this.

Mao Mao 2020-10-08 10:08:05

A student asked him why her friend experienced those experiences. He said it was because he didn't *surrender*. Isn't this written? I find it strange. Lester Levenson always talks about *surrender*, and also writes about *witnessing*, "*I am not the doer*."

Wind 2020-10-08 10:09:23

It's not the proposition of *surrender*. *Let go and let God*. But the way to practice it is through **releasing constantly**. Trying to do nothing doesn't help. ***Only releasing helps.*** Because your **karma** pushes you.

The **Release Method**, don't emphasize *surrender*.

Because the teachings in "*The Ultimate Freedom*" didn't help students progress.

Keeping it simple is the path.

But regarding *acceptance*, this argument I want to end with Lester Levenson's original words. No need to argue. The audio is right here, in "*Beingness*."

Group Member 2020-10-08 10:16:32

Doesn't Lester Levenson often say, *let go and let God handle it*? Isn't that *surrender*?

Wind 2020-10-08 10:16:56

No, regarding *surrender*, Lester Levenson only said in his later years to *surrender* through **release**. But regarding "*acceptance*," I want to say something.

===== Page 26 =====

When you release a long-standing habit, Lester Levenson's example is smoking. He first asks students to *accept to smoke*.

Accept smoking.

That is, smoking is OK.

Why?

Lester Levenson explained later.

Because you think smoking is wrong, you can't even begin to think about releasing it.

So before releasing, *accepting* the thing is indeed something Lester Levenson himself said.

But it's not about using *acceptance* to replace **release**.

It's about, after *accepting* the thing, facing it, and then **releasing**.

Later audio, *Beingness part 1*.

I think the issue of *surrender* is not worth discussing.

If you don't **release**, you cannot *surrender*.

His meaning is, if you don't *accept* it, you can't start **releasing**.

For example, if you think smoking is wrong, you simply don't want to look at it.

You have to treat it merely as a feeling.

Accept that smoking is OK.

Then you can let the emotion surface.

Surrender, the meaning of *surrender*, is not what we generally understand.

Let go and let God.

But if you don't **release**, saying let God do it, you won't succeed.

This is also what Lester Levenson said.

Why?

Because **karma** is operating you.

We don't need to discuss how to let God do it, only need to **release**.

Move ourselves out of the way.

It's not a method of *entrustment* either.

There is no such thing as "*entrustment*" to do.

Because when you want to "*entrust*," actually you haven't released the **desire** to entrust.

Theoretically, how should we understand it?

Kiss theory.

Keep it simple.

When you find yourself stopping **releasing**, you are not following the **Six Steps**.

Acceptance is another issue.

That is, if you don't *accept* smoking, you might fight against the idea that "smoking is wrong."

Fighting for.

Its meaning is, to release a long-term habit, you need to *accept* it first.

Because your habit of avoiding it is relatively strong.

The **Release Method** process does not include *accepting* emotions.

===== Page 27 =====

What Lester Levenson actually said was "*accept the event, allow the emotion to surface.*"

Let it up, let it go.

Wind 2020-10-08 10:36:07

I have been in closed-door retreat, **releasing continuously** for five days.

I 2020-10-08 10:36:17

How is it? Share?

Wind 2020-10-08 10:36:57

By the third day, I didn't need to sleep.

Very energetic.

But on the fifth day, I couldn't help glancing at my phone again.

Two Large Steamed Buns 2020-10-08 10:36:26

I released for a long time yesterday, but kept getting **stuck**. I also released the **wanting to change** the **stuckness**, but just couldn't let go. I felt that bunch of feelings still operating, still some effort remaining.

Wind 2020-10-08 10:38:07

Yes, this situation often occurs. Being **stuck** is also a long-standing habit for you.

Kuang Bo 2020-10-08 10:38:35

Allow the emotion, face it, *accept* it, say yes to it, it's probably the same, right?

Wind 2020-10-08 10:39:02

Not *accepting* the emotion.

It's *accepting* a habit.

Then letting your feelings about it surface.

When you're **stuck**, the thing you need to release has changed.

You need to release the **"wanting to change"**.

Because this **stuckness** is actually a program.

If you don't release it, it will keep operating you.

Two Large Steamed Buns 2020-10-08 10:40:51

I am releasing the **wanting to change**, but it doesn't seem to work.

Wind 2020-10-08 10:41:03

How are you releasing it?

The process is the same.

First, you need to be *aware* of it.

That is, you need to become *aware* of the **wanting to change**.

Two Large Steamed Buns 2020-10-08 10:41:55

But yesterday I released all day, and felt like I was just standing still.

Wind 2020-10-08 10:42:16

Of course it would be like that. You brought a lot of *resistance* into it.

You want to **control** it.

If you particularly want to **control** what happens during **release**, you will get **stuck**.

===== Page 28 =====

Because **wanting control** = *lack of control*.

The principle is very simple.

So when you want to **control** the **releasing process**, you need to notice it.

Then you need to notice what you are using to **control** the **releasing process**.

For example, clenching your fists.

For example, trying hard to figure out what the current feeling is.

For example, your body might just clamp down on the emotions.

Do you know why you can't **release** at this point?

Because this is a very strong habit.

There are many, many emotions behind it.

And you intend to release them all at once.

If you get **stuck**,

notice the **wanting control**,

then relax and look at this **wanting control**,

try to release it.

You're not releasing all the **wanting control**, you just need to release the bit you see right now.

This is my personal experience in dealing with **stuckness**.

You release a little **wanting control**, and you feel a bit smoother.

Then you invite more **wanting control** to be released.

Sometimes you will continuously release this **wanting control**,
for an hour or two,

finally releasing this strong inertia of "*wanting to control the release process*".

Then the release behind you will become smooth.

Because the program that was operating your **stuckness** has been released.

It's that simple.

Wind 2020-10-08 10:49:51

Yes, sometimes you get **stuck**, sometimes you don't.

But are you going to let this program operate you?

You can decide to release this habitual control, and then you basically won't get **stuck** anymore.

Rather than waiting for the moment you're not **stuck** to release.

I'll send this paragraph over. I estimate many people will get **stuck**.

Hope it helps.

Rong 2020-10-08 10:55:07

Thank you?? Master Wind [Grin][Rose]

Wind 2020-10-08 10:55:15

Not a master.

Just a student of the **Release Method**.

I'm going back into retreat to release soon.

See you later.

Wind 2020-10-08 10:59:09

@Two Large Steamed Buns? By the way, when you were releasing the **stuckness**, were you very unwilling to admit you were **stuck**?

===== Page 29 =====

Eager to skip past it.

This is wanting to change.

Be aware of this. Release this.

Be aware that this **wanting to change** is also just a feeling. And like all other feelings, it can be directly let go of and allowed to leave.

Wind 2020-10-08 11:05:27

Our discussion of *acceptance* and *surrender* now is meaningless. Including *letting God do it*, many people do that.

When an emotion surges up, saying to oneself "*Forget it, accept it,*" allows one's emotions to drop from levels like lust, anger down to apathy, despair.

This is suppression.

Lester Levenson said **move up**. Rising is part of the teaching of Lester Levenson's **Release Method**. If the emotion hasn't **moved up**, you haven't released. This is very easy to prove to yourself. This method is a test method. If your emotions haven't **moved up**, then you haven't released. Simple stuff.

Wind 2020-10-08 11:25:32

The effect of continuous release is huge.

One day of continuous release equals several years of intermittent release.

Hong 2020-10-08 11:30:06

Wind? Does **continuous release** mean releasing one feeling continuously? Or releasing one feeling and then switching to another feeling?

Wind 2020-10-08 11:30:49

It means **continuous release**. Actually, I just listened to the audio, and Lester Levenson said "*make release constant*". That is, make it a normal state like breathing. What does this mean? You are not not releasing at any time. Just like one breath after another. One release after another. But your current habit is "*one suppression after another*". Through **release**, make **release** your new habit.

Zhang Dai 2020-10-08 11:33:20

How to release in daily life, when not sitting quietly? For example, when doing other things, and there's a mental background of releasing.

===== Page 30 =====

That would be much faster.

Wind 2020-10-08 11:34:51

Does your mind really help with doing things?
As long as you **release**, things can be accomplished.
No need to "do" things while releasing.

Free Life 2020-10-08 11:36:28

It's when doing things that emotions come up.
How to do it then?

Wind 2020-10-08 11:36:53

Release.
Just continue releasing.

Free Life 2020-10-08 11:37:37

By sitting down and releasing quietly?

Wind 2020-10-08 11:37:58

Once proficient, you don't need to sit down deliberately.
The more you **release**, the easier **release** becomes.

Hong 2020-10-08 11:38:14

My energy level is still in the fear stage [facepalm].

Wind 2020-10-08 11:39:04

Lester Levenson said that 95% of people in the world are in states of apathy, grief, fear.
He calls it the "*having state*."
Equating *having more* with happiness.
So, it's nothing.

I 2020-10-08 12:04:32

Surrender is good, but *surrender* is not the **Release Method**. The difference here is really huge.
But the **Release Method** is another path, another system.

Wind 2020-10-08 12:06:00

Surrender is the "*Bhakti*" path.
I'll post another passage from Lester Levenson's autobiography.

There is a natural way for each nature to achieve realization. What's natural to you is the best way for you. That's why there are four major ways that embrace everyone's nature.

===== Page 31 =====

4

The four ways are the rational, which is the mental way; the scientific, which is the specific methodological way; the emotional, which is the love and devotional way; and the active way, which is rendering selfless service to mankind.

To uncover yourself it takes only wanting to and looking in the right direction.

Surrender is the "Bhakti" path, the love and devotional way.

The Release Method is the *scientific path*.

The *specific methodological way*. Different paths have different requirements.

The *scientific path* cannot delete or modify the method itself.

Because it is done and verified through a specific method. People with different natures can choose their own suitable path.

All **release**. **Continuous release** is very *high*.

2020-10-12 (New) Wind guides releasing **wanting control, explains it very clearly.**

Hong 2020-10-12 07:10:34

Always having random thoughts, is it the **desire for control**?

Wind 2020-10-12 07:35:49

Can you directly perceive what you **want**? Analysis is not necessary. Right now, appearing in your awareness, there is one most obvious one.

Hong 2020-10-12 07:47:37

The most obvious is the entanglement about work. Feeling that I'm not suited for my job, yet powerless to change.

Wind 2020-10-12 07:47:55

Wanting control. Stay *aware* of it. Can you directly let it go?

===== Page 32 =====

2020-10-12 07:48:52

Release the **desire to change**, can't release it [facepalm]

Can't

Wind 2020-10-12 07:49:50

Stuck

Stuck

Do you want to **change** this **stuckness**?

Hong 2020-10-12 07:50:52

Yes

Wind 2020-10-12 07:51:00

Look at this **wanting to change**

Allow it to enter your awareness

Become more '*aware*' of it

Can you let it go directly now?

Hong 2020-10-12 07:52:14

Can't [facepalm]

Wind 2020-10-12 07:52:45

Do you **want** to **change**?

Hong 2020-10-12 07:52:55

Yes

Wind 2020-10-12 07:53:14

Can you allow yourself to be *aware* of this **wanting to change**?

Hong 2020-10-12 07:53:26

Yes

Wind 2020-10-12 07:53:55

Can you allow it to be released?

Hong 2020-10-12 07:54:17

No

Wind 2020-10-12 07:54:30

Is there still **wanting to change**?

Hong 2020-10-12 07:54:40

Yes

Wind 2020-10-12 07:54:58

Can you just allow yourself to be *aware* of it?

Hong 2020-10-12 07:55:19

Yes

Wind 2020-10-12 07:55:39

Can you let it leave?

Hong 2020-10-12 07:56:01

No

Wind 2020-10-12 07:56:18

Look at your current situation. Do you **want to control** this process?

Do you want it to go according to your will?

Hong 2020-10-12 07:56:40

Yes

Wind 2020-10-12 07:56:57

Can you just be *aware* of this **wanting control**?

Hong 2020-10-12 07:57:10

Yes

===== Page 33 =====

Wind 2020-10-12 07:57:44

Has it left?

Hong 2020-10-12 07:57:59

No [facepalm]

Wind 2020-10-12 07:58:26

Continue to notice this **wanting control**. Look at your current situation. Has more **wanting control** been stirred up?

Hong 2020-10-12 07:59:10

Yes

Wind 2020-10-12 07:59:32

Relax, just look at it.

Hong 2020-10-12 07:59:58

Okay

Wind 2020-10-12 08:00:03

Has it left?

Hong 2020-10-12 08:00:37

Still not

Wind 2020-10-12 08:01:01

It's okay, keep looking. Do you **want to control** this **release** process? Don't struggle or effort over it, just be *aware* of the **wanting control** right now. Has it left?

Hong 2020-10-12 08:03:10

@Wind? Okay. Thank you very much [Rose][Rose][Rose]. I'll try a few more times on my own.

Wind 2020-10-12 08:03:57

Just try like this, stay relaxed throughout. Then constantly allow yourself to touch your *wanting*. Be *aware* of **wanting control** or **wanting approval** right now. Then consciously observe and see if you let it go. Then observe your *wanting* again. In this process, your attention doesn't need to be on the feeling. Place it on your *wanting*. When you **release** the *wanting*, the feeling will dissipate on its own.

Hong 2020-10-12 08:06:48

Wanting seems to have layers, one after another.

Wind 2020-10-12 08:07:09

Don't try to dig for the layers underneath the topmost one. That's **wanting control**. Every time you try to use *effort*, it's **wanting control**. Relax and notice this point.

Hong 2020-10-12 08:08:39

Yes, trying to use *effort* adds another layer of *wanting*.

Wind 2020-10-12 08:09:03

So when I say **wanting to control** the current situation, what you need to notice is this. This attempt to use *effort* is **wanting control**. The moment you notice it, you can immediately let it go.

===== Page 34 =====

The moment you let go, you will immediately feel ease and a reduction in *resistance*. You don't need any other guidance or operation. Just be *aware* of the **wanting control**, and then allow it to be released.

Hong 2020-10-12 08:13:19

Okay [Coffee]. I'll try a few more times.

Wind 2020-10-12 08:16:30

Have you noticed? Can you let it go?

Just become *aware* of your current *wanting*.

Become *aware* of it.

Then allow it to leave.

After it leaves, become *aware* of more.

Up and out.

Free Life 2020-10-12 08:07:19

@Wind? When I release, I focus on the feeling.

Wind 2020-10-12 08:08:01

If you haven't yet learned **basic release**, then focus on the feeling and use the **basic process**.

If you have learned, you can directly release the **basic wants**.

When releasing **basic wants**, you will come into more direct contact with "*wanting*".

D 2020-10-12 08:02:55

I release like this: *Can you release? Yes! Are you willing to release? Willing! When? Okay, it's all over, I've experienced you, you can go.* Then it's gone. @Wind?

Wind 2020-10-12 08:03:09

Why **change** the process?

Wind 2020-10-12 08:24:39

Who else wants me to guide them? I can try to help you.

This thing is simple.

Experience it, and you'll get it.

DMX 2020-10-12 08:29:15

@Wind? I want to release the craving for approval from others.

Wind 2020-10-12 08:29:59

Can you feel the **wanting approval** right now?

DMX 2020-10-12 08:30:27

Yes

Wind 2020-10-12 08:30:37

Just allow yourself to feel it.

Has it left?

DMX 2020-10-12 08:31:10

No

Wind 2020-10-12 08:31:32

Do you want it to leave?

DMX 2020-10-12 08:31:41

Yes

Wind 2020-10-12 08:31:45

Can you notice that this is **wanting control**?

DMX 2020-10-12 08:32:25

It is **wanting control**

===== Page 35 =====

Wind 2020-10-12 08:32:29

Has this **wanting control** left?

DMX 2020-10-12 08:32:45

No

Wind 2020-10-12 08:32:56

Do you still **want control**?

DMX 2020-10-12 08:33:28

Wanting

Wind 2020-10-12 08:33:32

Just look at it. Has it left? Look again, do you **want to control** your feeling, **want to change** it? Can you be *aware* of this *wanting*?

DMX 2020-10-12 08:34:51

Yes, I can be *aware*

Wind 2020-10-12 08:35:03

Has it been released?

DMX 2020-10-12 08:35:44

Released a bit, not completely

Wind 2020-10-12 08:35:57

Okay, so there's still **wanting control**? Can you just be *aware* of it? It's simple

DMX 2020-10-12 08:36:51

Yes

Wind 2020-10-12 08:37:03

Become more *aware* of it. See if it has been released?

DMX 2020-10-12 08:41:42

Released a bit, but still not completely

Wind 2020-10-12 08:42:03

Continue this process. Be *aware* of it. Then, can you let it go?

Zhang Dai 2020-10-12 08:50:02

@Wind? I'm under a lot of debt pressure, very painful, and it's difficult to make money. I'm eager to change the current situation. How to release?

Wind 2020-10-12 08:51:11

Do you **want control**?

Zhang Dai 2020-10-12 08:51:22

Yes

Wind 2020-10-12 08:51:35

So you can clearly perceive it?

Zhang Dai 2020-10-12 08:51:47

Yes

Wind 2020-10-12 08:51:57

Has it been released?

Zhang Dai 2020-10-12 08:52:08

No

Wind 2020-10-12 08:52:21

Can you be *aware* of that **wanting control**? Allow yourself to just look at this *wanting*.

===== Page 36 =====

Zhang Dai 2020-10-12 08:52:38

I can be *aware*.

Wind 2020-10-12 08:52:53

Has it left?

Zhang Dai 2020-10-12 08:53:31

Not very clear about whether it has left. It should have left some.

Wind 2020-10-12 08:53:42

Do you still have any perceived **wanting control**? Whether towards this situation or towards this question.

Zhang Dai 2020-10-12 08:54:06

There is **wanting control**.

Wind 2020-10-12 08:54:16

Look at it.

Allow it to be perceived.

Has it been let go? Has it left now?

Zhang Dai 2020-10-12 08:55:40

I think some **wanting control** has left, I'm not gripping it as tightly anymore.

Wind 2020-10-12 08:55:54

Okay, is there any remaining **wanting control**?

Zhang Dai 2020-10-12 08:56:19

Yes.

Wind 2020-10-12 08:56:28

Can you let it go?

Zhang Dai 2020-10-12 08:56:57

Not sure if I can, but I **want** to let it go.

Wind 2020-10-12 08:57:07

Do you **want control**?

Control this **release** process.

Zhang Dai 2020-10-12 08:57:34

Want to figure it out clearly.

Wind 2020-10-12 08:57:43

Just be *aware* of this **wanting to figure it out**.

Can you be *aware* of it?

Zhang Dai 2020-10-12 08:58:10

Yes.

Wind 2020-10-12 08:58:15

Has it been released?

Zhang Dai 2020-10-12 08:59:28

Not yet, do I need the **three questions** to guide?

Wind 2020-10-12 08:59:44

No.

Can you feel the **wanting control**?

Zhang Dai 2020-10-12 09:00:59

Constantly **wanting control**.

Wind 2020-10-12 09:01:04

When you **want to change** your emotions, **want to control** the **release** process, or **want to** use some other tool.

Zhang Dai 2020-10-12 09:01:04

Can be *aware*.

===== Page 37 =====

Zhang Dai 2020-10-12 09:04:20

Unsure whether **release** is complete, leading to unclear action instructions. Should I release this **wanting control**?

Yes, be *aware*, can you let it go?

Zhang Dai 2020-10-12 09:06:08

Yes, thank you for sharing and guiding [Rose]

Wind 2020-10-12 09:11:21

You're welcome, I'm going back to **intensive release**.

Wind 2020-10-12 09:20:17

Learning by using **release** cases is the simplest method. To learn how the process operates, the best way is to experience it yourself, see how others operate it, follow along yourself, or have someone guide you. You'll learn quickly. So you'll see that the **Sedona Institute** teaches very little "theory," and the practical part is entirely guided by examples. The entire eight videos are just showing you how others **release**.

One word to emphasize: **stir up**. This is a guidance often used in later videos. What is the current feeling? What **desire** does it **stir up**? Because using "what **desire** does it come from" might make people subconsciously use their minds to analyze the cause. So it can be emphasized: use **stir up**. Look at your current feeling, see if it **stirs up** in you **wanting control** or **wanting approval**, or **wanting safety**.

Group Member: I feel like I still don't know how to **release**. How do I allow the **desire** to leave? If I allow it to leave, will it definitely leave?

Wind: Yes, it wants to push itself out. You just need to let go of the force of **suppression**.

Ji Di: I understand, but I don't know how to do it myself.

Wind: Can you feel whether the current **desire** is **wanting control** or **wanting approval**?

Ji Di: Yes, I can.

Wind: Can you just be *aware* of it?

Ji Di: I allow it, but it doesn't seem to leave. Hmm.

Wind: Has it left?

Ji Di: Yes, it left a little.

Wind: Look again. Is there still **wanting control** or **wanting approval**?

Ji Di: If I don't pay attention to it, it seems fine. The more I **want** it to leave, the more it won't. Is it just being *aware*, and it leaves?

Wind: Desires are like that. As soon as you become *aware* of it, it has a natural tendency to leave.

Ji Di: Oh, I see. And then? Just keep being *aware*?

===== Page 38 =====

Wind: After it leaves, continue to see if there is still **wanting control** or **wanting approval**. Continue to be *aware*, and then see if it leaves.

Ji Di: Oh, so this is **releasing**? It did leave.

Wind: Yes. A clear feeling of energy leaving, accompanied by a quieter **mind** and more pleasant feelings. That is **release**.

Zai 2020-10-12 10:30:04

@Wind? Finally found a kindred spirit! I just joined the group two days ago. I like the **Release Method**, but I feel it's slightly different from the methods of Hale Dwoskin and Larry Crane (Lawrence Crane). I feel that using the canister is unnecessary. Emotions leave on their own. And I think the most important thing in **releasing** is to release the force you apply (**wanting to change**: *resistance, grasping*). This force is even more subtle than emotional feelings, but it's what truly needs to be released. After this force is withdrawn (released), the emotional energy will leave on its own. If this force is not withdrawn (released), **release** cannot be completed. After this force is withdrawn, **release** is automatically completed, or rather, it **releases** automatically. Seeing Teacher Wind's method, I finally have the correct answer [fist] [fist] [fist]

Wind 2020-10-12 10:35:37

This is the **original process** used in the 1992 **Sedona Institute** videos, the **Release Method** founded by Lester Levenson. Later, Hale Dwoskin and Larry Crane (Lawrence Crane) each established their own organizations. Because they couldn't teach the same thing, they both made additions and changes to this method.

dj 2020-10-12 10:38:46

@Wind? Teacher, I'd like to ask for your advice. When I chat with one person or several people, I feel very nervous, dare not speak, dare not laugh, dare not look others in the eye. Sometimes I get the urge to rush out the door. **Releasing** after leaving the environment works okay, not **stuck**. I want to ask you, how can I **release** in that tense situation? Please guide me, teacher.

Wind 2020-10-12 10:39:23

Do you **want to control** that scene?

dj 2020-10-12 10:39:35

Yes.

Wind 2020-10-12 10:39:46

Can you be *aware* of this **wanting control**?

dj 2020-10-12 10:40:22

At the scene, I'm just nervous, no other feelings.

Wind 2020-10-12 10:40:31

Can you now? The **wanting control** over that scene?

dj 2020-10-12 10:40:54

After leaving that environment, the nervousness is gone, it's much lighter.

Wind 2020-10-12 10:41:56

Yes, I know. But now, do you **want to control** that scene?

dj 2020-10-12 10:42:22

Yes.

Wind 2020-10-12 10:42:24

You want to be able to **release** smoothly in that scene too, right?

dj 2020-10-12 10:42:34

===== Page 39 =====

Exactly right.

Wind 2020-10-12 10:42:45

Can you be *aware* of this **wanting control**?

dj 2020-10-12 10:42:56

Yes.

Wind 2020-10-12 10:43:02

Has it left?

dj 2020-10-12 10:43:32

After leaving that scene, it's fine.

Wind 2020-10-12 10:44:18

Has this **wanting control** left? Do you still **want to control** that scene?

Wind 2020-10-12 10:44:31

Now it's much less.

Wind 2020-10-12 10:45:40

But there's still **wanting control**, right?

dj 2020-10-12 10:46:02

Teacher, I want to **release** smoothly in that environment.

Wind 2020-10-12 10:46:27

No problem. Now, continuously **release** this **wanting control**, and you'll be fine.

You cannot **release** smoothly while letting this **wanting control** stay inside.

Because it is operating you.

So you can **release** the **wanting control** over that scene right now.

If you **release** enough, next time you encounter that scene, you'll find you can **release** smoothly.

dj 2020-10-12 10:50:55

@Wind? So you're saying that in that on-site environment, you cannot **release** smoothly.

Because you cannot have this **wanting control** inside and **release** smoothly at the same time.

Wind 2020-10-12 10:51:12

You can.

As long as you can notice the **wanting control** on-site and **release** it.

But the best time to **release** is right now.

You don't have to wait until then.

If you consider it a problem now,
you can **release** those **wanting controls** now.

2020-10-12 Wind leads the original releasing steps for demonstration and explains the key points.

ZOEY 2020-10-12 08:18:22

@Wind? Thank you [Rose][Rose] I still have a specific practical question about **release**. If I'm alone, **releasing** is very convenient. But on weekdays, I feel like there's not enough time. Something needs to be dealt with, and before I can perceive the **desire** and **release**, it's on to the next thing. Any good suggestions for **releasing** while working?

Wind 2020-10-12 08:18:49

Do you **want control**?

===== Page 40 =====

I can try to guide you now. Just follow the instructions, and you might find it simple.

ZOEY 2020-10-12 08:20:50

Yes, **want control**.

Wind 2020-10-12 08:20:59

Has it left?

ZOEY 2020-10-12 08:21:14

Partially left.

Wind 2020-10-12 08:21:24

Do you still have **wanting control**?

ZOEY 2020-10-12 08:21:33

A little.

Wind 2020-10-12 08:21:42

Has some left now?

ZOEY 2020-10-12 08:22:12

Some has left.

Wind 2020-10-12 08:22:16

Look again, do you still **want control**?

ZOEY 2020-10-12 08:22:32

Still a little bit.

Wind 2020-10-12 08:22:46

Has it left?

ZOEY 2020-10-12 08:23:20

Yes, continuously leaving, very little now.

Wind 2020-10-12 08:23:36

Okay, keep checking for **wanting control**.

Wind 2020-10-12 08:24:16

Continue this process on your own.

Fang Fei 2020-10-12 08:34:14

Releasing a feeling, I feel energy go out. Releasing a **desire**, I also feel energy go out. I always remember what you said, "*let the feeling surface and leave*," and I've been operating like this [Grin]. Releasing a **desire**, is it putting attention on the thought? Or is it also a deeper energy going out? @Wind?

Wind 2020-10-12 08:34:30

Not a thought.

It's *wanting*.

It's a *tendency*, an *intention*.

Try that process, it works well.

Fang Fei 2020-10-12 08:40:50

I used to let feelings leave. Now I'm starting to let this *tendency* leave, is that right?

Wind 2020-10-12 08:41:20

Yes, look at your present moment, do you **want control**, or do you **want approval**?

===== Page 41 =====

Just be *aware* of it. Then see if it has left. Be *aware* of it, allow it to leave.

Fang Fei 2020-10-12 08:43:31 So **wanting control**, **wanting approval**, are also *tendencies*?

Wind 2020-10-12 08:44:00 Yes, you **want control**, you **want approval**. You can feel it directly. For example, right now you're releasing, and you feel **stuck**. Immediately you **want to control** it. This *tendency* is very easy for you to perceive.

D 2020-10-12 08:49:23 Wind? I don't want to use the process, can I just use the **three questions**?

Wind 2020-10-12 08:49:54 The **three questions** release emotions. When **releasing desires** with the **Release Method**, there is a simpler process. It's the one I just guided Zoey through. That's the method in videos 5, 6, 7, 8 of the '92 course.

Learning by using **release** cases is the simplest method. To learn how the process operates, the best way is to experience it yourself. See how others operate it, follow along yourself, or have someone guide you. You'll learn quickly. So you'll see that the **Sedona Institute** teaches very little theory, and the practical part is entirely guided by examples. The entire eight videos are just showing you how others **release**.

One word to emphasize: **stir up**. This is a guidance often used in later videos. What is the current feeling? What **desire** does it **stir up**? Because using "what **desire** does it come from" might make people subconsciously use their minds to analyze the cause. So it can be emphasized: use **stir up**. Look at your current feeling, see if it **stirs up** in you **wanting control** or **wanting approval**, or

wanting safety.

We really live in *wanting* every moment. It's like seawater, and we are like fish. Lester Levenson said *wanting approval + control = world*. Our world is constructed by these two **wants**. When you think of anything in the world, it's either **wanting control** or **wanting approval**. This becomes even more apparent after you've **continuously released** a large chunk.

If you are in a state of *wanting*, you are not free. This is very simple. If you are in a state of *wanting*, you are not free.

===== Page 42 =====

When a **want** is released, you gain a little freedom. It wants to push itself out. When these **wants** are **continuously released**, you will feel mental conflict stop. With each **release**, the **mind** quiets down a lot, and at the same time, it becomes full of energy. Each time, it brings great rest to the body-mind system. This is much more efficient than sleep.

Fang Fei 2020-10-12 10:41:03

"Does this feeling come from what **desire**?" — it's easy to fall into thinking with the head, and the energy moves towards the surface. But asking "*what does it **stir up**?*" — the energy goes deeper. Is this understanding correct? @Wind?

Wind 2020-10-12 10:41:26

Because you **want** to "*become aware of the **desire**.*"

Not use knowledge to analyze.

Conceptual things are of no help to **release**.

Times Everything Connected 2020-10-12 10:44:44

@Wind? "*What **desire** does the current feeling **stir up**?*" — isn't this something to think about?

Wind 2020-10-12 10:44:53

No. You **want control**. This is very simple. For example, you **want to change**. This can be perceived immediately.

Times Everything Connected 2020-10-12 10:45:50

For example, the bank just called, saying it's been overdue for a few days, asking for repayment. I feel fear. Does this fear feel what **desire** or something?

Wind 2020-10-12 10:48:35

What do you **want** to do? Do you **want** to push it away? Do you *resist* it?

Yi Tian 2020-10-12 10:43:27

@Wind? What about pleasant feelings?

Wind 2020-10-12 10:43:53

They also **stir up basic wants**.
With pleasant feelings, you **want** more.
With flat feelings, you **want to change** them.
With uncomfortable feelings, you **want to escape** them.
These are all **wanting control**.
You have such *tendencies* and *intentions*.
It's actually quite strange.
You live in *wanting* every moment,
yet you can't perceive the *wanting*.

===== Page 43 =====

2020-10-12 10:52:12

The essence of the **mind** is *wanting*. To **control**? And **wanting to figure out**.

2020-10-12 10:52:38

The essence of the **mind** revolves around maintaining the survival of a body. For survival, it developed **wanting approval** and **control**. **Control** includes changing, figuring out, making things happen the way you **want**.

2020-10-12 10:53:16

Mind = *survival programs*. Can it be understood like this?

2020-10-12 10:53:22

Of course, this is Lester Levenson's original words. ***Survival programs.***
All feelings are survival programs.

2020-10-12 10:53:47

Oh, **wanting to figure out** also belongs to **control**.

2020-10-12 10:53:58

Release all feelings, and the **mind** is completely released.

2020-10-12 10:54:13

The **mind** is the system software of life. What is the difference between the **mind** and the *soul*?

2020-10-12 10:54:57

There is no such thing as a *soul*.
The **mind** is just a collection of thoughts (emotions).
And in fact, there is no *soul*.
Soul is a glorified ego concept of the ego.
Soul is a glorified ego concept of the ego.
Lester Levenson's original words.

*The **mind** is the only thing that keeps us from seeing our Infinity. The **mind** is nothing but a collection of thoughts of limitation.*
It is nothing more than that.
The *soul* is just a concept created by people who think this collection is "*me*".

2020-10-12 11:04:35

Is it not oneself releasing?
Then what is it?
Does the **desire** itself want to leave?

2020-10-12 11:05:09

It is you releasing. It is also the **desire** itself wanting to leave. But I am **infinite existence**.

===== Page 44 =====

Therefore, I have the ability to **release**.
Anything your **mind** tells you "*I am*" is actually wrong. The **mind** cannot imagine **infinite**

existence. The "*soul*" in people's concepts is just such an imagined product. Therefore, continue releasing, and you will have more direct experience of "*I*".

Fang Fei 2020-10-12 11:14:15

Continuous release means putting awareness on inner feelings (*tendencies*), and then letting them leave uninterruptedly?

Wind 2020-10-12 11:14:33

You can understand it that way. When doing it, it's continuously becoming aware of the **three major wants**, and then letting one go. Another comes, and it's let go again. Keep letting go, letting go. It will get easier and easier later.

Fang Fei 2020-10-12 11:17:44

Yes, I find that I constantly want to **control**. Isn't manifestation a kind of **control**?

Wind 2020-10-12 11:18:39

Control is a good thing. What is released is **wanting control**. Every time you release **wanting control**, you find you are more able to **control**. Because **wanting** $\equiv$ **lack**.

Fang Fei 2020-10-12 11:19:07

Last night before bed, I had a thought. Today it came true, matching exactly. **Wanting control** means you can't **control**.

Wind 2020-10-12 11:19:29

That's great. Why not make it the norm? Why not make it the main way you live? Yes, check: Every time you release **wanting control**, you become more able to **control**. But once you **want control**, then you will be unable to **control**.

Fang Fei 2020-10-12 11:20:47

I feel there is a greater power and arrangement, I need to *surrender*.

Wind 2020-10-12 11:20:48

Not like that. You don't need to consider a power greater than yourself outside. The course talks about the other side of **wanting control** is **wanting to be controlled**.

It is **wanting to be controlled**.

Hoping for something to control oneself.

What many people call "*surrender*" is actually this thing.

But this is also **wanting control**.

===== Page 45 =====

It is also the *tendency* of **wanting control**.
It also needs to be released.

Fang Fei 2020-10-12 11:22:48

Everyone can make things happen according to their thoughts, is that right?

Wind 2020-10-12 11:23:02

Everything is created. Every single thought manifests.
Manifestation is not a special case. It is the way the world operates.

Fang Fei 2020-10-12 11:23:28

Now that I can manifest things, I still feel like I might be **controlling**. I want to *entrust* it to the heavens. I perceive that I am afraid that if this thing doesn't happen as I think, I will be disappointed. So my *entrustment* still contains *wanting*, is *lack*.

Wind 2020-10-12 11:24:55

Release these *lacks*. Each time you will be freer. Freedom is really something you have to experience to understand. We like to limit freedom with the **mind** [chuckle].

Wind 2020-10-12 11:28:10

@Star of Bethlehem? How is your **release** going?

Star of Bethlehem 2020-10-12 11:28:33

I can't say for sure. Keep releasing. You've been in retreat these days?

Wind 2020-10-12 11:28:51

Yes, doing **release** alone, nothing else.

Times Everything Connected 2020-10-12 11:29:47

When releasing alone, without triggers, do you need to "*imagine*"?

Wind 2020-10-12 11:29:54

No.

Times Everything Connected 2020-10-12 11:30:26

What do you mean?
@Wind? Then how to operate?

Wind 2020-10-12 11:31:06

You are like being in water, surrounded by water. All is *wanting*.
Need to ***stir up***?
After releasing one, another one comes up to fill in.
Just become *aware*.

===== Page 46 =====

2020-10-12 12:25:33

Release all emotions about rent, and then use an effortless thought—"*My rent always arrives on time*"—and then that's it? @Wind?

Wind 2020-10-12 12:26:29

You don't even need that thought. But I don't really recommend doing this. If you want to do this, it's fine. Continuously release the **wants of control, approval, and safety**. Just release continuously.

Su 2020-10-12 12:29:37

@Wind? Sometimes the feeling about the financial situation is anxiety. It's hard to categorize it accurately into the **three major wants**. Can I just release the anxious feeling? What should I do correctly?

Wind 2020-10-12 12:30:43

You don't need to suppress that anxious feeling. But what is your **desire**? Do you **want to change** it? If you **want to change** it, this is **wanting control**. Sometimes you will feel **wanting safety**. Whichever you are more *aware of*, you can release that one.

Hui Xuan 2020-10-12 12:35:20

Can **wanting control** and **wanting approval** coexist?

Wind 2020-10-12 12:37:04

Many times they do.
Because **wanting control** is actually developed from **wanting approval**. Be *aware of* whichever one is present and release it. For example, if **wanting control** is on the surface right now, then release **wanting control**. If you **want to skip** this process, you are actually being operated by **wanting control**, and you will get **stuck**.

Miracle 2020-10-12 12:42:24

I've been resisting **release** lately, resisting feeling.

Wind 2020-10-12 12:42:27

Yes.

Aversion.

Aversion is a feeling.

When you feel *aversion*, immediately it is **wanting control**.

When you release **wanting control**, this feeling of *aversion* will also dissipate. Try it.

hai 2020-10-12 12:56:27

@Wind? Teacher Wind, how to release illness?

Wind 2020-10-12 12:57:04

===== Page 47 =====

Wind 2020-10-12 13:01:08

What **desire**, then release?

Wind 2020-10-12 13:01:08

Do you **want to change** it?

hai 2020-10-12 13:01:13

Yes.

Wind 2020-10-12 13:01:20

Can you be *aware* of it?

hai 2020-10-12 13:01:26

Yes.

Wind 2020-10-12 13:01:47

See if it has been released?

hai 2020-10-12 13:02:15

A little. Just releasing the **wanting to change** like this is enough?

Wind 2020-10-12 13:02:21

Yes.

There is still remaining **wanting to change**.

Continue to be *aware* of it.

Then see if it has left?

Look again, do you still have **wanting to change**?

When you are *aware*, you release it.

Release whatever you are most *aware* of.

What's underneath will naturally appear, allowing you to perceive it clearly.

hai 2020-10-12 13:04:47

No need to follow the method written in the abundance book, right?

Wind 2020-10-12 13:04:56

Yes, no need.

I'm talking about the **original process**.

Just release.

Implanting beliefs is the method from "*The Ultimate Freedom*" and is an early teaching. The principle is correct, but it's not applicable.

Times Everything Connected 2020-10-12 13:07:54

Isn't releasing **wanting to change**?

Wind 2020-10-12 13:08:08

Release is **change**.

Not **wanting to change**.

Control, approval, safety—these are all good things.

Wanting, however, is not.

Wanting equals lack.

===== Page 48 =====

As Wind said, "*The Ultimate Freedom*" has too high a starting point.

Wind 2020-10-12 13:09:55

The principle is fine, the method is not applicable. This was verified by Lester Levenson. He didn't teach many successful students with those methods.

Wind 2020-10-12 13:14:21

I'm also going back to closed-door retreat to release. See you later.

2020-10-14 (New) Sharing experiences of **continuous release**

Wind 2020-10-14 12:42:38

I've been releasing continuously these past few days and have had some experiences. I didn't share them in the first two days because it might be exerting influence. I'll talk about some now, hoping to encourage you all. This is a chat between me and a friend; I've removed his parts.

Wind 2020-10-14 12:45:54

[Chat log between Wind and Star of Bethlehem]

[

Wind: I've been releasing continuously these days and experienced some things.

Wind: **Continuous release** indeed releases strong energy.

Wind: And indeed twice I detached from the body center.

Wind: Last night, I really couldn't sit still anymore...

]

Wind 2020-10-14 12:47:30

[Chat log between Wind and Star of Bethlehem]

[

Wind: I have to say, you reminded me.

Wind: It seems I wasn't releasing.

Wind: I found that when you **release** and get very **high**, the form of *resistance* changes...

]

D 2020-10-14 12:47:43

How come I don't realize that every time I move my body, it's **wanting control**? How can I become as detailed in my *awareness* as you?

Wind 2020-10-14 12:48:14

Continuously release.

Because **wanting control** is a basic *tendency* you can immediately perceive.

I am infinite 2020-10-14 12:57:13

@Wind You release **wanting control**, but what I release is **wanting to change**. I rarely have **wanting control**. I think **wanting control** is composed of a lot of **wanting to change**. What's your view?

===== Page 49 =====

The course is about **wanting control**. When Lester Levenson speaks, he often uses **wanting to change**. But he says it that way. **Wanting to change**, wanting to push it away, wanting to grasp it—these are all **wanting control**. **Wanting to change** is a type of **wanting control**. If you want to be specific, then say **wanting to change**. Sometimes we **want to change**, sometimes we want to maintain. This is all **wanting of control**.

I am infinite 2020-10-14 13:00:05

Yes, what you said is very good.

Wind 2020-10-14 13:00:16

I've been using the **Release Method** intermittently for six years, but the effect of a few days of **continuous release** is not as good as several years of intermittent release. How important continuity is!

I am infinite 2020-10-14 13:01:09

Yes, **continuous release** will keep deepening. Intermittent release won't work.

Wind 2020-10-14 13:01:57

I experienced what Lester Levenson said in the video: helping others is helping yourself. A while ago, I translated Lester Levenson's audios and the 1992 **Release Method** course. During the translation process, I essentially reviewed it myself. And this time, I found problems that I hadn't noticed even after listening many times. This allowed me to continue releasing.

I am infinite 2020-10-14 13:03:13

The method of **continuous release** is very important. Previously, there was no method, so it was fundamentally impossible to release continuously. Because the previous methods used were *evocation methods*, which make **continuous release** very difficult. What was the process and approximate method like when you **continuously released** until you reached the *fear of death*? @Wind

Wind 2020-10-14 13:05:05

Lester Levenson: *Releasing **wanting approval** and **control** is also a shortcut, compared to releasing all the emotions underneath them. **Approval** and **control**. When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you release the fear of death, you still have **wanting approval** and **control**. The only reason you **want** everyone's **approval** is so that you can be safe and survive. If we don't get **approval**, you **want** to force them to approve, and then you can be safe. That is **control**. But when you release **wanting approval** and **control**, all the feelings underneath them are gone. Next, what remains is just **wanting approval** and **control**. By releasing the fear of death, you release them all. When you get there, you will very easily allow the fear of death to surface. You reach a point where it will push itself up and out. You sit there, completely watching it, and it will expel itself. Then you will laugh, and your **mind** will be shut down. What a foolish joke, playing on your Self, thinking you are limited, but you never were.*

Wind 2020-10-14 13:05:19

The method is very simple.

===== Page 50 =====

Keep the **Six Steps** by your side. *What is my current feeling? **Wanting control** or **wanting approval**? Can I be aware of it? Has it left? Can I be aware of more **wanting control** or **wanting approval**? Can I let it go?*

Wind 2020-10-14 13:07:02

I use the 1992 **Release Method** process for **releasing desires**. With each **release**, I see a little freedom. Then I remind myself of the **Fourth Step: continuous release**. The method of **continuous release** is to continue looking at what I am feeling now: is it **wanting control** or **wanting approval**? If I feel vague about it, I immediately feel that I **want to change** this situation. And this is **wanting control**. Becoming *aware* of it, there is immediately a *tendency* to let it go. During the process, of course, there are many situations that cause me to stop (get **stuck**). Notice them, remind myself of the **Fourth Step (continuous release)**. If I find myself using force, effort, being **stuck**, remind myself of the **Fifth Step** (release **wanting to change**). Later, when strong joy emerges and there is no motivation to **release**, remind myself of the **First Step** (what I **want** is freedom).

I am infinite 2020-10-14 13:11:57

I find that when I **release continuously**, I focus too much attention on the feeling. I should focus directly on **wanting control** or **wanting approval**.

Wind 2020-10-14 13:11:59

Whenever this happens, I immediately perceive this **wanting control** or **approval**. Desires come and go, one by one, released as they come. The *fear of death (wanting to survive)* spontaneously surfaces, as Lester Levenson said.

I am infinite 2020-10-14 13:12:48

And indeed, **wanting control**, **wanting to change** is just a part of **wanting control**.

Wind 2020-10-14 13:13:10

The first **release** of the *fear of death* is the most difficult. The first time the *fear of death* surfaces, it's like touching a red-hot iron. It immediately shrinks back. I repeatedly released **wanting control**. Then, when I touched it again, I released it once. After that, it became simple. The *tendency* to avoid is so strong that we tend to suppress the *fear of death* deep down. Each **release** of the *fear of death (wanting to survive)* weakens this habit of avoidance.

===== Page 51 =====

Wind 2020-10-14 13:17:35

I'll still reach the end first, then come back to share. I'm going to **release** now. Good luck, everyone. See you later.

2020-10-15 (New) Wind explains what **wanting control** is, what **being stuck** is, and leads releasing **wanting control** and **stuckness**.

[Happiness] Lucky Cat [Happiness] 2020-10-14 12:05:14

I often have that kind of lukewarm anxiety, worry, fear. If you don't look carefully, you can't find it. If I release this, is it directly releasing the deepest fear?

Wind 2020-10-14 12:10:35

No, that's here (Note: referring to the emotional level of fear).

Lester Levenson's "*fear of death*" is expressed in the **Release Method** course as "*wanting survival/safety*."

This is the bottom layer.

Keep releasing continuously. I'm going back to retreat.

ZOEY 2020-10-14 12:19:22

@Wind? Teacher Wind, can you wait a moment? I have a question.

Wind 2020-10-14 12:19:46

Yes.

ZOEY 2020-10-14 12:21:18

When **releasing desires**, perceiving "*wanting*," sometimes it pops up: *wanting equals lack*—is this using thinking?

Or must it be just *awareness*, just being *aware* of that "*wanting*" and letting it go?

Wind 2020-10-14 12:22:02

Do you **want to figure out** this question?

ZOEY 2020-10-14 12:22:52

Yes, it is. It's **wanting control** again.

Wind 2020-10-14 12:23:03

Can you now be *aware* of that **wanting control**? Do it.

ZOEY 2020-10-14 12:24:05

Yes.

Wind 2020-10-14 12:24:21

Has it left?

ZOEY 2020-10-14 12:24:36

Partially. I'll continue the process.

When questions arise, I go to release **wanting to figure out, wanting control**.

Wind 2020-10-14 12:24:40

Look at whether you still have more **wanting control** over that question.

Yes, just do it.

The answer belonging to you is right there.

You will "*know*" it, rather than using a theory to fix your **mind**.

Ten thousand explanations are not as good as you experiencing it once.

===== Page 52 =====

So, use this process to handle any problem.

D 2020-10-14 12:41:25

@Wind? I have an exam coming up. If I **release** on "*perfect wisdom*," can I finally obtain perfect wisdom and get a perfect score?

Wind 2020-10-14 12:41:34

Yes.

D 2020-10-14 12:47:43

How come I don't realize that every time I make my body "*move*" it's **wanting control**? How can I become as detailed in my *awareness* as you?

Wind 2020-10-14 12:48:14

Continuously release.

D 2020-10-14 12:48:18

Why, when sleepy, should I release **wanting control**? Instead of releasing "*wanting to sleep*"?

Wind 2020-10-14 12:48:41

Because **wanting control** is a basic *tendency* you can immediately perceive.

I'm going to continue releasing now.

Good luck.

I 2020-10-14 12:57:13

Wind? You release **wanting control**, but what I release is **wanting to change**. I rarely have **wanting control**. I think **wanting control** is composed of a lot of **wanting to change**.

What's your view?

Wind 2020-10-14 12:57:40

The course is about **wanting control**.

When Lester Levenson speaks, he often uses **wanting to change**.

But he says it that way.

Wanting to change, wanting to push it away, wanting to grasp it—these are all **wanting control**.

Wanting to change is a type of **wanting control**.

If you want to be specific, then say **wanting to change**.

Sometimes we **want to change**,

sometimes we want to maintain.

This is all **wanting of control**.

Wind 2020-10-15 10:59:12

Control is the only component of **stuckness**.

I plan to record this in my *gainbook*.

This is an insight I've recorded as I **release**.

===== Page 53 =====

*There is nothing outside. The only component of things is my feelings. They are all **wanting control** and **wanting approval**.*

*Infinite energy is constantly being suppressed by me. When I release a **desire**, a portion of it emerges.*

*I don't need to understand a thing through the **mind**. Every thought obscures some original "knowing". When I abandon knowledge and the **mind**, I directly know everything.*

***Continuously release**. Just **continuously release**. The path is already clear, the final goal is in sight. Just keep going.*

***Follow through** with the **Six Steps**. When I don't **want** freedom, remind myself how good freedom is. Make a decision. All obvious and non-obvious feelings are **wanting control** and **wanting approval**. Release them. Each **release** will make me freer.*

*I cannot be **stuck**, because my **stuckness** is actually **wanting to change**. This is something that needs to be released. Release cannot be **stuck**; it cannot passively stop.*

===== Page 54 =====

*I don't have to think, strive for the things I **want** to obtain, like **wanting approval**, and still have it.*

*If you don't release that **stuckness**, and the smaller tendencies, you are letting it run you. The more **stuck** you are, the more you need to continue releasing.*

*If you don't release the tendency you use to avoid, then you will avoid, pressing the deeper things you **want** to avoid underneath.*

Find the guidance that works for you and do it, rather than entangling yourself in several pieces of guidance and falling into confusion.

Deeply experiencing that we live in "wanting" every moment. Releasing a motive of "wanting" terminates related emotions and thoughts, giving rise to a profound tranquility. Continuously releasing "wanting" continuously weakens the awareness of being the "doer," making life more like a happening, scene after scene.

*There is nothing outside. The only component of things is my feelings. They are all **wanting control** and **wanting approval**.*

I 2020-10-15 11:06:00

@Wind? Yes, I also discovered this when releasing **stuckness**. It is **wanting control**, and then you get **stuck**. Actually, I feel that the entire emotion and **desire** are **stuck**, layers of **stuckness** stacked together, collectively covering the *fear of death*.

Wind 2020-10-15 11:07:03

Wanting approval and **wanting survival** (*fear of death*) do not automatically get **stuck**. It immediately develops a **wanting control** to stick to it.

===== Page 55 =====

Release this **wanting control** that it has developed, and you can directly face it. It is immediately released. Release the **wanting control**, and you immediately feel everything is under control (smooth). Release the **wanting approval**, and you can immediately feel love. Release the **wanting survival** and **safety**, and you can feel **safety**. Use this to confirm **release**. This is the **Sixth Step**. The **Six Steps** are everything. Lester Levenson said, *take the six steps. Follow through with the Six Steps, and everything needed to reach the final goal is within the Six Steps.*

Ran 2020-10-15 11:12:54

Feeling blank. Do I need to evoke these feelings through imagination?

Wind 2020-10-15 11:13:08

It depends on your stage. If you are in the learning stage of **release**, you need it. If you already know how to **release**, you don't need it.

Release the **wanting to change** the blankness. The blank feeling will become clear. *Post graduated way of releasing.*

Free Life 2020-10-15 11:23:22

Can't feel it. Seeing the outside, there is the **desire** to **control**, but less anger.

Wind 2020-10-15 11:23:37

Do you **want** to feel it?

Free Life 2020-10-15 11:23:49

Yes.

Wind 2020-10-15 11:24:02

Can you be *aware* of this **wanting to feel** it?

This is **wanting control**.

Free Life 2020-10-15 11:25:34

Oh, without you asking, I wouldn't know how to **release**. Can't feel the feeling. Is releasing **control** effective?

Wind 2020-10-15 11:26:16

Right now, can you be *aware* of this **wanting control**?

Free Life 2020-10-15 11:26:56

Can't feel it. Feel very calm.

Wind 2020-10-15 11:27:05

Do you **want to change** this calmness?

Free Life 2020-10-15 11:27:15

Yes.

Wind 2020-10-15 11:27:28

Look at this **wanting to change**.

===== Page 56 =====

Has it left?

Free Life 2020-10-15 11:27:55

No feeling.

Wind 2020-10-15 11:28:16

Do you still **want to control** this **release** process? Is there an obvious **wanting control** now?

Free Life 2020-10-15 11:28:32

Yes.

Wind 2020-10-15 11:28:43

Just stay *aware*.

Free Life 2020-10-15 11:28:50

Don't know.

Wind 2020-10-15 11:29:20

Okay, do you **want to control** this unclearness?

Free Life 2020-10-15 11:29:33

Yes.

Wind 2020-10-15 11:29:48

Look at this **wanting control**. Has it left?

Free Life 2020-10-15 11:30:13

Not clear.

Wind 2020-10-15 11:30:22

Okay, look again at your **wanting control**. You still have **wanting control** over this unclearness, right?

Free Life 2020-10-15 11:30:44

Right.

Wind 2020-10-15 11:30:55

Look at it. Has it been released?

Free Life 2020-10-15 11:31:20

Not obvious.

Wind 2020-10-15 11:31:35

Okay, can you see this "*not obviousness*"?

Can you see your **wanting to change** this "*not obvious*" feeling?

Free Life 2020-10-15 11:31:51

Can't see.

Wind 2020-10-15 11:32:03

Do you **want to control** yourself to see it?

Free Life 2020-10-15 11:32:14

Now there is.

Wind 2020-10-15 11:32:24

Okay, has it left?

Free Life 2020-10-15 11:32:43

Yes.

Wind 2020-10-15 11:32:55

===== Page 57 =====

Look again, do you have more **wanting control**? Allow it to continue surfacing.

Free Life 2020-10-15 11:37:05

Thank you, Wind. That day you showed them the guidance, and later I did it myself, and felt very calm inside. I don't see anger outside anymore. I feel joy inside, but then I don't know how to **release**. Thank you @Wind? [Bow][Bow][Bow]

Wind 2020-10-15 11:37:59

You're welcome.

Rong 2020-10-15 11:36:40

@Wind? Master Wind, what should I do if I just can't **release**? [Cry][Embarrassed] I've asked all kinds of questions, but it just won't come out. Deep down, I have a clutching, uneasy feeling that I can't let go of.

Wind 2020-10-15 11:38:25

Right now, can you notice this uneasy feeling?

Rong 2020-10-15 11:38:33

@Wind? Master Wind, when I **release** myself, no matter how I ask, the answer is unwilling.

Wind 2020-10-15 11:38:51

Do you **want to control** it?

Rong 2020-10-15 11:38:59

Yes.

Wind 2020-10-15 11:39:03

Become *aware* of **wanting control**. Has it left?

Rong 2020-10-15 11:39:12

Yes, no.

Wind 2020-10-15 11:39:28

Look again, do you still **want to control** this feeling now?

Rong 2020-10-15 11:39:48

Don't know.

Wind 2020-10-15 11:39:57

Not clear.

Rong 2020-10-15 11:40:07

Yes.

Wind 2020-10-15 11:40:10

Do you **want to control** it to become clear?

Rong 2020-10-15 11:40:53

Yes.

Wind 2020-10-15 11:41:14

Has it left?

Rong 2020-10-15 11:41:31

===== Page 58 =====

Not yet.

Wind 2020-10-15 11:41:34

Look again, is this **wanting control** still there? Just allow yourself to be *aware*.

Rong 2020-10-15 11:42:47

Aware, it's still there, but much better.

Wind 2020-10-15 11:43:15

Okay, can you allow the remaining **wanting control** to be *aware* of? See if it has been released?

Rong 2020-10-15 11:43:36

Allow.

Wind 2020-10-15 11:44:07

Okay, has it left?

Rong 2020-10-15 11:44:08

Yes, much better.

Wind 2020-10-15 11:44:17

Continue this process until you feel free.

Rong 2020-10-15 11:44:31

Just much better, but much more comfortable.

Wind 2020-10-15 11:44:48

Yes, so you need to continue releasing.

Rong 2020-10-15 11:45:05

Thank you?? Master, thank you?? [Coffee][Rose] @Wind? Gratitude, gratitude.

Wind 2020-10-15 11:46:32

You're welcome.

Zi 2020-10-15 11:45:09

Release **wanting to feel sleepy** and go to sleep? What to do when you **want** to feel sleepy and go to sleep during **release**?

Wind 2020-10-15 11:45:33

Do you **want to control** that sleepy situation?

Zi 2020-10-15 11:45:42

Yes.

Because I want to **release** smoothly.

Wind 2020-10-15 11:46:07

Okay, right now, can you be *aware* of this **wanting control**?

Zi 2020-10-15 11:46:17

===== Page 59 =====

I **want to change** the **stuck** situation [facepalm]. Can't **release**, discouraged.

Wind 2020-10-15 11:47:26

Can you feel this discouraged feeling?

Zi 2020-10-15 11:47:49

I perceive my **wanting to control** the **release**, **wanting to release** successfully [facepalm].

Wind 2020-10-15 11:48:02

Okay, can you be *aware* of it?

Zi 2020-10-15 11:48:19

I am *aware*.

Wind 2020-10-15 11:48:37

Has it left?

Zi 2020-10-15 11:49:36

Seems a bit better.

Wind 2020-10-15 11:49:53

Okay, do you still have **wanting control**?

Wind 2020-10-15 11:50:00

Allow yourself to be *aware* of the remaining **wanting control**.

Zi 2020-10-15 11:50:39

Seems like a sense of urgency.

Wind 2020-10-15 11:50:49

Do you **want to change** it?

Zi 2020-10-15 11:50:57

Yes.

Wind 2020-10-15 11:51:04

Look at this **wanting to change**. Has it left?

Zi 2020-10-15 11:52:36

Yes, it seems not obvious anymore.

Wind 2020-10-15 11:52:56

Do you **want to change** this not-obvious feeling?

Zi 2020-10-15 11:53:41

Don't know if it's released or if it's become vague again.
A bit blank, no thoughts or feelings.

Wind 2020-10-15 11:54:59

That means it's not released.
Look at this blank feeling. Do you **want to change** it?

Zi 2020-10-15 11:56:10

Doesn't seem like I really **want to change** it. Feeling a bit sleepy.
Am I showing *avoidance*?

Wind 2020-10-15 11:56:57

Do you feel comfortable with the current feeling?

Zi 2020-10-15 11:57:30

Better than just now.

===== Page 60 =====

Wind 2020-10-15 11:57:52

Do you **want** to continue staying in this feeling, or not?

Zi 2020-10-15 11:58:10

Doesn't seem as compulsive to have feelings. Seems like I've given up on myself [facepalm].
What does it mean to continue staying in this feeling? @Wind?

Wind 2020-10-15 11:58:54

Wanting to maintain this situation.
Is also **wanting control**.
Wanting control has different manifestations.
For something you don't like, you **want to change** it.
For something you like, you **want to maintain** it.
Attachment and aversion.

Chu Xia 2020-10-15 11:59:38

I **want** to release my anxiety and worry when my child is sick. @Wind?

Wind 2020-10-15 12:00:05

Right now, can you feel this anxiety and worry?

Chu Xia 2020-10-15 12:00:15

I can feel it.

Wind 2020-10-15 12:00:27

Do you **want control**?

Chu Xia 2020-10-15 12:00:35

Want control.

Wind 2020-10-15 12:00:50

Just be *aware* of this **wanting control**.

Chu Xia 2020-10-15 12:01:04

I can be *aware*.

Wind 2020-10-15 12:01:21

Has it left?

Chu Xia 2020-10-15 12:01:24

A lot has left.

But there's still some.

Continue observing, more has left.

Wind 2020-10-15 12:01:48

Yes, allow yourself to be *aware* of more **wanting control**.

Chu Xia 2020-10-15 12:02:17

There's still a part tightly gripped, can't let go.

Wind 2020-10-15 12:02:18

Allow it to leave.

Do you **want to control** this tightly gripped part?

Do you **want to change** it?

===== Page 61 =====

Chu Xia 2020-10-15 12:02:40

Yes.

Wind 2020-10-15 12:03:18

Be *aware* of this **wanting to change**.

Chu Xia 2020-10-15 12:03:26

I am *aware*.

Wind 2020-10-15 12:03:29

Has it left?

Chu Xia 2020-10-15 12:03:33

It left. Thank you??

Wind 2020-10-15 12:03:46

Look, do you still **want to change** this situation? Allow more of the **wanting to change** to be perceived.

Chu Xia 2020-10-15 12:03:57

There's still some, but much less.

Wind 2020-10-15 12:04:00

You're welcome. Continue the process until you've released it all.

2020-10-15 Wind continues guiding the original releasing process. If you release something you think is impossible, after releasing, that impossible thing seems a bit more possible.

Wind 2020-10-15 17:40:58

We need to remind ourselves to use the **Sixth Step** to verify this. Each **release** will make you lighter, happier, freer. If you feel more pain, you know you are **stuck**. Freedom is freedom, actually it doesn't need conceptual limitations. Once you use your small experience to say "*what freedom is*," you actually limit it. Before we reach it, we really cannot understand its grandeur. But after **releasing**, you will be noticeably freer than before. This can be clearly experienced. For example, after **releasing**, do you feel freer? Has *impossible* become *possible*? If you **release** something you think is *impossible*, after **releasing**, that *impossible* thing seems a bit more *possible*.

===== Page 62 =====

Fang Fei 2020-10-15 17:45:07

What does that mean?

Wind 2020-10-15 17:45:28

Do you have anything you think is *impossible*?

Fang Fei 2020-10-15 17:45:34

Something I think is *impossible*—like me winning a Nobel Prize.
I think it's *impossible*.

Wind 2020-10-15 17:45:39

Yes.

What feeling do you have about it? **Wanting control** or **wanting approval**?

Fang Fei 2020-10-15 17:47:53

When I think about winning the Nobel Prize—my heart keeps saying *impossible*, can't.

Wind 2020-10-15 17:48:21

There's a **wanting control** or **wanting approval**, right?
You can be *aware* of it now.

Fang Fei 2020-10-15 17:48:31

There is **control**.

Wind 2020-10-15 17:48:36

Yes.

Wind 2020-10-15 17:48:41

Can you be *aware* of this **wanting control**?
Just be *aware*.

Fang Fei 2020-10-15 17:48:58

Yes, like a pair of invisible hands.

Wind 2020-10-15 17:49:18

Has it left?

Fang Fei 2020-10-15 17:50:36

Seeing this **control**, there's an uncomfortable, blocked feeling in my heart. It's left a little.

Wind 2020-10-15 17:51:06

Yes, can you still be *aware* of it?
Wanting control.

Rui Lan 2020-10-15 17:56:31

Feeling that after **releasing**, invisible limitations are a bit less.
There's a slight feeling of loosening the grip, letting go.

Wind 2020-10-15

After **releasing**, you can self-check. Your limiting thoughts will become fewer and fewer.
Things that originally felt *impossible* will feel more *possible*.

This is freer.

Lester Levenson said a sentence.

Every impossible, no matter how impossible, become immediately a possible, as you completely released on it.

So freedom is something you can clearly experience.

===== Page 63 =====

Wind 2020-10-15 17:57:50

Do you **want to change** the situation of having no emotions? Can you be *aware* of **wanting to change**?

Wu Xin 2020-10-15 17:58:57

I also have this problem. Yes.

Wind 2020-10-15 17:59:31

Yes, allow yourself to be more *aware* of it. Has this **wanting to change** been released?

Wu Xin 2020-10-15 18:00:23

No.

Wind 2020-10-15 18:00:36

Can you still be *aware* of **wanting to change**?

Wu Xin 2020-10-15 18:00:47

Yes.

Wind 2020-10-15 18:01:05

Yes, allow yourself to be *aware* of it.

Wu Xin 2020-10-15 18:01:23

Want emotions to come out.

Wind 2020-10-15 18:01:32

Look again, has this **wanting to change** left?

Wu Xin 2020-10-15 18:01:49

Still there.

Wind 2020-10-15 18:02:17

Be *aware* of this **wanting to change**.
Has it left?

Wu Xin 2020-10-15 18:03:01

Left a little.

Wind 2020-10-15 18:03:10

Yes, is there still **wanting to change**?

Wu Xin 2020-10-15 18:03:35

Yes.
I understand.

Wind 2020-10-15 18:03:44

Can you allow it to surface?
Yes, continue this process.

Hao Xiang Yang 2020-10-15 18:06:01

Even the **wanting to release** needs to be released?

===== Page 64 =====

Wind 2020-10-15 18:06:19

Yes, this is **wanting control**. It makes you **stuck**. **Wanting control** = you will get **stuck**.
Continue releasing.

Wu Xin 2020-10-15 18:08:55

@Wind? When I don't feel calm, I ask like this. When I have a feeling, I **release** it. When I feel calm, I ask like this again. This way I can achieve **continuous release**, right?

Wind 2020-10-15 18:09:31

When you have a feeling, you can also see if it is **wanting approval** or **wanting control**. Then **release** like this.

When you have no feeling, your **wanting control (change)** over it is very obvious.

Every time you say you have no feeling, actually there is a **wanting control**.

It's not that there is no feeling, just that there isn't a feeling you **want**.

You see, problems with the **Release Method** can be solved through the **Six Steps**.

I 2020-10-15 18:39:56

The **Release Method** is actually too simple. Like today, just teaching and chatting like this, you can actually learn it.

With a little guidance, you can progress.

Wind 2020-10-15 18:44:00

Yes, the **Release Method** is indeed very simple.

I thought of a funny thing.

When I first started learning the **Release Method**, because it was so simple, my **mind** always resisted using it.

I thought: Did I have to learn Pali, read the Tripitaka, learn German to study classical philosophy, learn countless Buddhist,

Taoist, philosophical, and theological theories, only to end up using such a simple method?

I was very resistant to using the **Release Method** at that time.

The more effective it was, the more entangled I became.

Were all those things learned in vain?

Now I can answer myself very clearly.

Yes, learned in vain.

People who **want** freedom will not deceive themselves.

I 2020-10-15 18:49:02

Not only learned in vain, but also need to be thrown away early. Just like Lester Levenson threw away all his knowledge, and then directly explored on his own.

Wind 2020-10-15 18:50:21

As I **release**, although I argue less and less with others, I become more and more certain inside.

Wu Xin 2020-10-15 19:00:07

In the future, whoever's financial luck increases through **release** should send red envelopes to celebrate.

Wind 2020-10-15 19:00:53

Release to the point where you don't need money to operate your life.
I basically don't use money in my life now.

===== Page 65 =====

For example, I'm in Shanghai now. A friend had something to do at home and asked me to house-sit. I've been living inside these past few days, releasing.

Guidance of Wisdom 2020-10-15 19:03:02

How many hours a day do you **release**? Do you recall past events to **release**, or do you set goals to **release**?

Wind 2020-10-15 19:03:31

I stopped quite a bit today, probably about five hours without releasing.

Guidance of Wisdom 2020-10-15 19:04:03

Besides eating and sleeping, you spend most of your time **releasing**?

Wind 2020-10-15 19:04:15

The previous few days were all-day **release**.
I don't set goals. I just keep the **Six Steps** by my side, and let go of whatever comes.
Just a few days of **continuous release**.

Wind 2020-10-15 19:05:35

It should be about a week now.

Guidance of Wisdom 2020-10-15 19:05:16

In the previous years, were you releasing intermittently?

Wind 2020-10-15 19:05:46

Yes, in the previous years, it was just small bites.

Guidance of Wisdom 2020-10-15 19:05:50

Is this the rhythm of awakening?

Wind 2020-10-15 19:06:03

That's the goal.

Guidance of Wisdom 2020-10-15 19:06:16

If you awaken, don't forget your group friends.

Wind 2020-10-15 19:06:25

Haha, of course.

If I awaken, I'll teleport over to see you, okay?

Teleport.

I 2020-10-15 19:08:00

Wind? When you **release continuously**, does the **desire for control** or the **desire for approval** arise accompanied by events that you see, or does this **desire** arise simply on its own?

Wind 2020-10-15 19:08:28

I focus on the two **wants**.

Sometimes, it's accompanied by events.

Sometimes, it's just a *tendency* of *wanting*.

I don't mind.

I only focus on the *wanting*.

Times Everything Connected 2020-10-15 19:08:52

===== Page 66 =====

Wind 2020-10-15 19:09:05

What do you **want** to release?

Times Everything Connected 2020-10-15 19:09:11

My chest is blocked right now. It's been several days.
Not released.

Wind 2020-10-15 19:09:42

Do you **want to change** this situation?

Times Everything Connected 2020-10-15 19:09:49

Yes.

Wind 2020-10-15 19:10:12

Can you be *aware* of this **wanting to change**?

Times Everything Connected 2020-10-15 19:10:25

Yes.

Wind 2020-10-15 19:10:34

It's okay.

Do you **want** to see clearly?

Times Everything Connected 2020-10-15 19:10:54

Yes.

Wind 2020-10-15 19:11:04

Can you be *aware* of this **wanting control**?

Times Everything Connected 2020-10-15 19:11:06

I **want** to see clearly. Not clear about what **desire**.

Wind 2020-10-15 19:12:04

Do you **want to change** this unclearness?

Times Everything Connected 2020-10-15 19:12:15

A bit.

Wind 2020-10-15 19:12:25

Look at this *wanting* of yours.

Has it left?

Times Everything Connected 2020-10-15 19:12:37

See a little.

Wind 2020-10-15 19:12:56

Yes, look again. Do you still have **wanting to change**?

Times Everything Connected 2020-10-15 19:13:18

Still not very clear.

Wind 2020-10-15 19:13:50

Do you **want** it to be clearer?

Times Everything Connected 2020-10-15 19:13:56

Yes.

Wind 2020-10-15 19:14:06

Can you see this *wanting*?

===== Page 67 =====

I see it.

Wind 2020-10-15 19:14:35

Yes, be *aware* of it. Has it been released?

Times Everything Connected 2020-10-15 19:14:52

Released a little.

Wind 2020-10-15 19:15:09

Yes, there's still some left.

Times Everything Connected 2020-10-15 19:15:16

Yes.

Wind 2020-10-15 19:15:18

Continue to allow it to surface.

See if it has left?

Times Everything Connected 2020-10-15 19:16:36

Not yet.

Wind 2020-10-15 19:16:46

Do you **want to control** this process?

Times Everything Connected 2020-10-15 19:16:58

Want it to go faster.

Wind 2020-10-15 19:17:10

Yes, can you be *aware* of this **wanting control**?

Times Everything Connected 2020-10-15 19:17:26

Not very clear.

Wind 2020-10-15 19:17:45

Still **want** to see it more clearly, right?

Times Everything Connected 2020-10-15 19:17:51

Yes.

Wind 2020-10-15 19:18:01

Allow yourself to be *aware* of this *wanting*.

Has it been released?

Times Everything Connected 2020-10-15 19:19:40

Not sure.

Wind 2020-10-15 19:20:15

Do you still **want control**?

Times Everything Connected 2020-10-15 19:20:49

Yes.

Wind 2020-10-15 19:20:59

Can you be *aware* of it?

Times Everything Connected 2020-10-15 19:21:06

Yes.

Wind 2020-10-15 19:21:14

Has it been let go?

===== Page 68 =====

A little has gone.

Wind 2020-10-15 19:21:52

Yes, can you still be *aware* of it?

Times Everything Connected 2020-10-15 19:22:18

Feel it's there.

Wind 2020-10-15 19:22:48

Continue to be *aware*.

Times Everything Connected 2020-10-15 19:23:19

[Strong] Thank you, teacher.

Feeling like I'm starting to get it.

ZOEY 2020-10-15 19:21:55

@Wind? Is it that you don't sleep at all? Or do you wake up and then **release**?

Wind 2020-10-15 19:22:13

On the third day of my **continuous release**, I stopped feeling tired.

Except for a short nap today.

I haven't slept on the other days.

ZOEY 2020-10-15 19:22:46

Completely not tired?

Wind 2020-10-15 19:23:04

Yes, I even need to run to vent excess energy.

Energy kept welling up.

It lasted a long time.

It's calmed down a bit now.

But I can still feel abundant energy.

ZOEY 2020-10-15 19:25:56

@Wind? I want to ask, is this not sleeping a natural result, or did you have a goal for it beforehand?

Wind 2020-10-15 19:26:25

No such goal.

Just remembered to **release continuously**.

Then the next day, sleep naturally decreased.

Waking up, seeing the **Six Steps** stuck on the ceiling,

my first reaction was to continue releasing.

By the third day of **release**, each **release** brought forth very strong energy.

My body felt extreme comfort.

Then, **releasing** further, my body couldn't quite handle it.

So our bodies are really very fragile.

The experience of this retreat is unique.

It's an upper limit I've never experienced before.

ZOEY 2020-10-15 19:29:51

What do you mean by "*couldn't handle it*"? Need to rest?

Wind 2020-10-15 19:29:59

===== Page 69 =====

Need to vent.

I ran on the overpass.

Times Everything Connected 2020-10-15 19:32:24

I feel like I'm still at the basics.

You all are **advanced**.

Wind 2020-10-15 19:32:53

From basic to **advanced**, it only takes less than a week of **continuous release**.

This hurdle isn't that difficult.

Alright... after chatting, I successfully got down.

I'm going to **release**.

Fang Fei 2020-10-15 20:01:23

Two **wants**? — Where does the **desire for safety** fit in? Is this the bottom layer?

Wind 2020-10-15 20:02:22

If it surfaces clearly, just release it.

Lester Levenson: *What was it last time? OK, the first thing we suppress is the **desire to survive as a body, appearing as the "fear of death"**. How does it develop into other feelings?*

*If I get everyone's **approval**, I am **safe**, I can survive as a body. If I cannot get their **approval**, I **want** to force them to approve, then I can be **safe** and survive—this is **control**. But, because you are so afraid to allow these feelings of fear of death to surface, you need to first deal with **wanting approval** and **wanting control**. When you release those, the "fear of death" at their base will naturally and noticeably surface for you to release. But I think you have released enough **wanting approval** and **wanting control** to attack the fear of death directly. Do it, keep doing it. When you get **stuck**, use the "how to" process in this method, let go of the **desire to change** the feeling of being **stuck**. If it's a vague, unclear feeling, let go of the **desire to change** this vague, unclear feeling. When you release it, you can again attack that feeling of fear of death. A small release on it at first will allow you to move to a state where you can discern and realize that the "fear of death" is just a feeling, whereas now you equate it with actual death. That's why you don't allow it to come out. If you don't equate the fear of death with death itself, you can let it out and become free in about one to two weeks. It strives to push itself out, wants to come out and leave, so it is our most suppressed feeling. You have done an extremely good job of suppressing and keeping it at the bottom. So last time we focused for the first time on releasing the fear of death. I usually avoid it because most people don't release it smoothly but get blocked on it. But I think you are ready. If you are as determined as you say you are, you will allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's how it happens. You no longer hold them down; you allow them to surface and leave. Because it also constantly*

===== Page 70 =====

tries to push itself up and out—every suppressed feeling does this. So when you do it, it's very easy. They surface and leave like waves, until the waves stop, and you are done.

Lester Levenson believes that the *fear of death* (**wanting survival/safety**) is covered under **approval** and **control**. You only need to focus on releasing these two **wants**, and the underlying layer will automatically surface for you to release. So although there are **three major wants** overall, you indeed only need to pay attention to these two **wants**.

D 2020-10-15 20:06:16

@Wind? I've been releasing all day today. All emotions are attributed to "**wanting approval**" or "**wanting control**." Didn't use the **three questions**.

The release was very successful. Much better effect than the **three questions**.

Wind 2020-10-15 20:06:43

Yes, the **three questions** are for beginners. If you can **release desires**, use this. No need for the **three questions** anymore. Continue.

Zi ins 2020-10-15 20:07:26

@Wind? The way you guided us today also didn't use these **three questions**. I also don't want to use the **three questions**.

Wind 2020-10-15 20:08:16

That's right. In the 1992 **Release Method** course, videos 1, 2, 3, 4 use the **three questions** for **releasing emotions**. Videos 5, 6, 7, 8 use the method I guided today.

This is releasing desires.

Releasing desires is many times more efficient than **releasing emotions**.

Ultimately, students are meant to use this method. If you have learned it, use it. If you really can't find the feeling of **releasing desires**, then use the **three questions** to first become familiar with **releasing emotions**. That's probably it.

D 2020-10-15 20:11:29

They leave so quickly. For a new student like me who has only been using it for a day and a half, it's incredible. Anything requires hard practice to get quick results. The **Release Method** fundamentally doesn't require that. Incredible.

Wind 2020-10-15 20:12:32

Yes. The **Release Method** is efficient and concise.

D 2020-10-15 20:13:44

It's so simple. Why did Lester Levenson teach it for decades?

Wind 2020-10-15 20:14:47

It's not the same group of people.

===== Page 71 =====

Many batches of graduates. How many days do you think the **Release Method** course is? Only four days. The first two days are learning to **release emotions**, the **three questions**. The last two days are learning to **release desires**, the **Six Steps**. All the tools for leading to freedom are there.

D 2020-10-15 20:16:09

I think all emotions are **desires**.

Wind 2020-10-15 20:16:16

Yes.

Desires are the cause of emotions.

Therefore, after learning, the method for **releasing emotions** is no longer used. Only **release desires**.

Zhao Jiaman 2020-10-15 20:24:34

@Wind? Where in Shanghai are you? Without teleportation skills, can I take public transportation to see you? [Grin]

Wind 2020-10-15 20:25:48

Pudong. Like Lester Levenson, living in seclusion in the bustling city.

Su 2020-10-15 20:28:11

I want to ask, if I decide I **want** freedom rather than **wanting** the world, how should I **release**? Is it continuously perceiving **desires**, or can I still **release** on life's difficulties?

Wind 2020-10-15 20:28:35

Both are fine.

Difficulties in life are also **desires**.

Just keep releasing.

Lester Levenson said, at the beginning you have no choice.

Because you are too miserable, living in pain.

So you can only **release** to get out of pain.

But when you **release** to a point where you feel very good, you need to **release** for freedom.

I 2020-10-15 20:46:24

What I mean is @Wind? It's okay to come out more often to guide [Chuckle]

Wind 2020-10-15 20:46:46

I will. But I also don't want to become like Hale Dwoskin, guiding so many people to learn **release**, but themselves not reaching the final goal.

Qing Xi 2020-10-15 21:20:05

@Wind? May I ask, is *proving* also a disguised **desire for approval**?

Wind 2020-10-15 21:20:38

Proving?

===== Page 72 =====

Qing Xi 2020-10-15 21:21:18

The **desire** to prove oneself strong?

Wind 2020-10-15 21:22:08

If you feel it, then it should be.

Qing Xi 2020-10-15 21:22:14

Also *resistance*.

It seems I can feel the *wanting to prove* and *resistance*. Not sure how to accurately categorize it into which type of **desire**?

Wind 2020-10-15 21:23:36

Resistance is an emotion.

See if you are **wanting control**.

Could be **wanting approval**.

Or both.

Wanting approval is the cause of **control**.

Lester Levenson: *Releasing **wanting approval** and **control** is also a shortcut, compared to releasing all the emotions underneath them. **Approval** and **control**. When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you release the fear of death, you still have **wanting approval** and **control**. The only reason you **want** everyone's **approval** is so that you can be **safe** and survive. If we don't get **approval**, you **want** to force them to approve, and then you can be **safe**. That is **control**. But when you release **wanting approval** and **control**, all the feelings underneath them are gone. Next, what remains is just **wanting approval** and **control**. By releasing the fear of death, you release them all. When you get there, you will very easily allow the fear of death to surface. You reach a point where it will push itself up and out. You sit there, completely watching it, and it will expel itself. Then you will laugh, and your **mind** will be shut down. What a foolish joke, playing on your Self, thinking you are limited, but you never were.*

Wanting control is a **desire** developed from **wanting approval**.

To obtain survival, you **want approval**.

You **want approval**, but others don't give it, so you develop **wanting control**.

You **want** to force others to approve of you.

By **wanting to control** various things.

Ruo Ruo 2020-10-15 21:29:29

@Wind? Teacher Wind, when continuously releasing **wanting control** and **wanting approval** for one very important event, and then perceiving **wanting approval** and **wanting control** for another event that makes you very uncomfortable, what should you do? Which one to **release** first?

Wind 2020-10-15 21:30:56

Release the one you are most *aware* of.

Yi Tian 2020-10-15 21:31:05

When I can't tell if it's **wanting approval** or **wanting control**, can I directly release that "*wanting*"? @Wind

Wind 2020-10-15 21:31:57

Yes, then release **wanting control**.

Then you will be able to distinguish.

===== Page 73 =====

2020-10-15 Wind explains and guides release using the process, shares an experience of one "*knowing*" happening after another.

Zi ins 2020-10-15 10:05:54

Feeling vague, not sure what I **want**. Feels like **wanting to control** emotions. Seeing the *wanting to be controlled*, it obscures itself.

Wind 2020-10-15 10:08:35

When your feeling is vague, **wanting control** is very obvious. **Wanting to change** the current situation.

Use the **Six Steps** to see your feeling is **wanting control** or **wanting approval**. Sometimes, you see **wanting approval**, but at that moment you immediately develop a **wanting control** over it.

You **want to change** it. This manifests as a feeling of being **stuck**.

Can you be *aware* of this **wanting control**? Has it left? This is the usage of the **Fifth Step**.

Also, please do not neglect the **Sixth Step**. Each time you **release**, you become more pleasant, lighter, and freer. This will bring you back to the **First Step**, and you will **want** freedom more.

If you are not more pleasant, lighter, and freer when **releasing**, then you are not **releasing** but rather **wanting control**. At this point, apply the **Fifth Step**: be *aware* of this **wanting control (change)**, release **wanting control**.

After **releasing**, you feel light, and there will be a subconscious *tendency* to do other things.

Because you **want** to maintain this comfortable feeling. This is also **wanting control**.

Remind yourself to notice this **wanting control**, and keep **releasing**.

Emphasize the **Sixth Step** again: **releasing** is very easy. I find that many times we **release** with *resistance*, rather than with the experience of lightness, pleasantness, and freedom.

Bringing this experience with you will be a very powerful motivation.

===== Page 74 =====

Releasing with *resistance* (**wanting control**), you will get **stuck**. It's that simple. It's all in the **Six Steps**.

Yi Tian 2020-10-15 10:21:13

"Wanting to change the current situation" is the key. But if the current situation is very terrible, how to let go of this *wanting*?

Wind 2020-10-15 10:21:40

It's just a feeling. The only component of things is your feeling. You say it's terrible, it's just a feeling.

Yi Tian 2020-10-15 10:23:00

For example, when I meditate, I know that pain is just a feeling, but I cannot not **want** to not be in pain.

Wind 2020-10-15 10:23:38

It's best not to mix **release** with meditation.

Because when you meditate, you carry a **wanting control**.

You **want** to maintain a posture without moving, and at the same time you **want** to **release**.

But if you do it consciously, you will get **stuck** there. Because when you consciously do it, you carry **wanting control**. If you are passively bound, as long as you *accept* the situation and then **release**, you will not get **stuck**.

Wind 2020-10-15 10:26:41

Yesterday I had an even deeper experience. I thought about it a bit and decided to share it. It was when I was crossing the street to buy water and food. I noticed myself defending subconsciously.

At a more subtle level, I saw my **wanting control**.

So I released it.

I released continuously for over ten minutes.

I naturally closed my eyes.

I was guided step by step by an inner *"knowing"* all the way back home.

This *knowing* is not visual, not auditory, not anything in the senses.

But it is more pervasive than sight and hearing.

It was just step-by-step, very steadfast *awareness*.

There was no hesitation.

Yu Sheng Ke Gui 2020-10-15 10:31:18

Is it a kind of trust?

Wind 2020-10-15 10:31:31

If you say trust, there is still duality within it.
But that feeling was not separate.
It was one "*knowing*" followed by another "*knowing*."
I knew I needed to go this way, I knew next I needed to go that way.

===== Page 75 =====

Today I am still **releasing**.
Because this morning I used my eyes to work again. But I found I could use *awareness* to work. Now it's about half and half. Sometimes I habitually use my eyes to work, but after perceiving it, I release the **wanting control** of trying hard to see, and can return to working with *awareness*.

I 2020-10-15 10:33:56

You're still working, not in retreat?

Wind 2020-10-15 10:34:16

The "*work*" I mentioned refers to things like looking at the road, looking at things. For example, brushing teeth, washing face.
The problem here is that these are really **wanting control**.
When you go deeper, you will encounter them.
I even saw myself consciously operating my internal organs.
But these things don't need to be considered at first.
When some of the *fear of death* is released, I find that the **control** over the body itself becomes more obvious.
For example, sitting in a simple posture requires using energy, requires evoking **control** to maintain the body, and also requires evoking **wanting control**.

Zi ins 2020-10-15 10:38:41

Is it that the **mind** thinks that without **control**, you would die, so because you *fear death*, you **want to control**?

Wind 2020-10-15 10:39:06

Yes, the bottom layer is **wanting to survive**. It becomes clearer with **release**.
My biggest problem now is that it's very easy to stop **releasing**.
I have to constantly remind myself with the **Six Steps**. Otherwise, I will enter a state of *awareness*, feeling that everything around me is very perfect and harmonious. Whenever this happens, I need to remind myself of the **First Step**.
Because this stopping is also because of **wanting control**.

Zi ins 2020-10-15 10:43:08

The Six Steps to Freedom

1. You must **want** freedom more than you **want** the world. (You must **want** freedom more than you **want approval** and **control**. **Wanting approval** and **control** = **wanting** the world.)
2. Make the decision to be free.
3. All feelings come from **wanting approval** and **wanting control**. They are **survival programs**. Release them.
4. Release continuously.
5. *When you get **stuck**, release the **wanting to change** the **stuckness**. *

===== Page 76 =====

6. Each time you **release**, you are happier, lighter, and more free from limitations. As you **release**, you will become increasingly happier, lighter, and more free from limitations.

@Wind? Is this the Nine Steps?

Wind 2020-10-15 10:43:53

Yes, this is what I pieced together using words from Lester Levenson's audio (*The Way*). Use the freedom from the **Sixth Step** to increase the *wanting freedom* from the **First Step**. Make the decision.

The entire world is your feelings, feelings are **wanting control** and **approval**. Continuously release them. You won't get **stuck**. The only component of **stuckness** is **wanting control (change)**.

An Xin Zi Zai 2020-10-15 10:46:15

Yesterday, I was in a very calm state, with no emotions or **desires**. I don't know what to **release**. How to continue **releasing**?

Wind 2020-10-15 10:46:27

Wanting control. You **want** change to happen.

An Xin Zi Zai 2020-10-15 10:47:29

I also felt the **control** over the body and the incomplete relaxation of the heart. Is this being **stuck**?

Wind 2020-10-15 10:48:44

Yes, **control** = **stuck**. No **control** = not **stuck**. That's it. But achieving no **control** is not through suppressing your **wanting control**.

It's through perceiving your **wanting control** and letting it leave.

Every time you get **stuck**, you can immediately perceive the **wanting control**.

It's very obvious.

You don't need to care about the reason for the **stuckness**.

Is it because the feeling is strong? Because you **want** it very much? Because you are too tense?

Because of gain and loss? Because you like comfortable feelings? Because you dislike pain?

You don't need to care about any of this.

Just see the **wanting control**.

Perceive that right now you simply **want control**, regardless of the reason.

The moment you perceive it, you can easily release it.

I've recorded some insights in my *gainbook* as I **release**. I recommend you also use a *gainbook* in the way of the course.

This is actually the **Sixth Step** of the **Six Steps**.

It will give the **First Step's** *wanting freedom* an obvious motivation.

Fan Xing 2020-10-15 15:16:45

@Wind? Through **release**, have you become calm, peaceful, and comfortable? Our purpose in **releasing** is to retrieve the peaceful self-nature, right? Not **releasing** for the sake of **releasing**, maintaining a posture of **continuous release**. If you are already peaceful, why force yourself to **release**? Unpeacefulness requires **release**.

===== Page 77 =====

Each time you **release**, you will feel **higher**. Original peace is only relative. It's just that when you reach a comfortable stage, you lack motivation. Previously, because you lived in pain, you had a strong motivation to **release**.

Later, you must strengthen the **First Step, releasing** for freedom.

Lester Levenson has an audio, "*Get High to Release*," specifically criticizing this approach.

Doing this, you will never reach the final goal.

Because this is **releasing** to *feel good*.

When you *feel good*, you stop.

When you stop, you are suppressing, and **survival programs** will develop.

If you are not moving towards freedom, you are moving towards limitation.

Therefore, Lester Levenson emphasizes **releasing** when you feel very good.

Go **higher** when you are **high**.

Higher and **higher**.

Cannot stop in this very perfect and harmonious feeling right now.

Go listen to "*Get High to Release*," and you'll understand.

You don't have to wait till you're down then release.

Get high to release.

If you feel peaceful, release that "*peace*," and you'll feel even better.

Try it and see.

If you don't **release**, you are suppressing.

There is no so-called stillness.

If you are not moving forward, you are moving backward.

If you are not undoing your **mind**, making it quieter, then your **mind** is becoming more noisy.

Therefore, before reaching the final goal, you must continue **releasing continuously**.

Make it constant.

This is precisely the **Fourth Step**.

Survival programs are your feelings.

Feelings drive feelings.

If you suppress them, hide them.

If you don't suppress them, they are released.

If you release all feelings, i.e., **survival programs**, everything ends. You are free.

There is no need for an intermediate point to stop.

So when a student asked him how to do it, what to do,

Lester Levenson said in the audio,

"You stopped. There is no stop in the Six Step."

Wanting to maintain this comfort is also **wanting control**.

"There is no stop in the Six Step."

Lester Levenson's original words.

===== Page 78 =====

How many of you wait until you get high before your release? how many wait or go high to release?? There's your problem. You're not doing it.? What are you doing? You're wanting to feel good so you're waiting till you get down and then you're released to feel good. Because it's only one to feel good that release to make you feel good and that's it.

The time being and so you feel not good again; you'll release again to feelgood again thereby dragging out the whole process. Now if you would release for the purpose of one in the go free then it would take you months to clean out all the garbage. But you're not releasing the goal free. You're releasing to get out of the misery. It's a drawn- out process that way.

I translated a section of *"Get High to Release"* live.

Miracle 2020-10-15 15:58:41

I will *resist* **release**.

Wind 2020-10-15 15:59:17

Yes, do you **want to control** this situation? @Miracle

Miracle 2020-10-15 15:59:53

@Wind? Yes, I don't know why. When my heart **wants** to let go, my **mind** comes out with another force.

Wind 2020-10-15 16:00:16

Do you **want to control** that situation now? [Laughing]

Miracle 2020-10-15 16:00:33

It's always blocked in my chest.
Yes, I **want to control**.

Wind 2020-10-15 16:00:16

Can you be *aware* of that **wanting control**?

Miracle 2020-10-15 16:01:18

Yes. I can be *aware* of the blockage.

Wind 2020-10-15 16:01:39

===== Page 79 =====

Can you be *aware* of your **wanting to control** it?

Miracle 2020-10-15 16:02:04

I can be *aware*, and I can also be *aware* that I **want** to resist my **control**.

Wind 2020-10-15 16:02:13

Yes, has this **wanting control** left?

Miracle 2020-10-15 16:02:31

No.

Times Everything Connected 2020-10-15 16:15:50

Want to ask Wind, are you financially free?

Wind 2020-10-15 16:16:06

I have always been financially free.

Times Everything Connected 2020-10-15 16:17:30

What is your standard for financial freedom?

Wind 2020-10-15 16:18:08

Completely not needing to think about money. Does that count as financial freedom?

Times Everything Connected 2020-10-15 16:18:50

Yes.

Wind 2020-10-15 16:21:28

Yes, my dad runs a company. My family background is okay. But my financial freedom is not because of this. It's because I don't need it. I'm a freelancer doing data analysis. One job can support me for half a year. I get paid in USD.

Zhao Jiaman 2020-10-15 16:30:42

I came across [someone] because the group owner recommended her, saying she was enlightened. The group owner also pulled me into her group [Grin]

Wind 2020-10-15 16:31:48

Actually, we cannot judge whether someone is enlightened or not. We can only experience it ourselves. As we **release**, we will increasingly find that the extent of freedom is not as small as we think. The concept of the possibility of awakening will also become clearer. So from my personal perspective now, I think most new age spiritual practices are not enlightened, even if they claim to be. Among them, *A Course in Miracles* is included.

Zhao Jiaman 2020-10-15 16:38:44

Dr. Yang Dingyi leads group practice for several tens of days, sleeping only a few hours.

Wind 2020-10-15 16:39:11

Everyone might not know about traditional meditation. Those meditations can also achieve that. But meditation is not enlightenment.

===== Page 80 =====

Having whatever you want is supernatural power, not necessarily enlightenment. Yogananda wrote about it in his book.

Wind 2020-10-15 16:40:37

Yes, Lester Levenson also said that.
Living by miracles doesn't mean any spiritual progress.
There are many problems, but I don't intend to really criticize it.
Everyone has their own **karma**.
Even theoretically, *A Course in Miracles* has many problems.
I studied many theories before.
This era has many specious things.
Fortunately, the **Release Method** is not one of them.
The **Release Method** really works.

I 2020-10-15 16:48:02

A Course in Miracles: first, it wasn't written directly by an enlightened person, it's transcribed. Second, it needs translation.

Wind 2020-10-15 16:48:47

An enlightened person would not transmit their teachings in this way. Channeling.

Lan Ruo 2020-10-15 16:53:00

@Wind? So how would an enlightened person transmit their teachings?

Wind 2020-10-15 16:53:20

They might do it through the **causal body**.

Directly transmit teachings.

Maybe through a physical body.

Like Lester Levenson did.

But they would not transmit teachings through channeling.

Leaping Flame 2020-10-15 16:54:32

Maybe it's a way. I think those books are good. The principles aren't twisted.

Wind 2020-10-15 16:54:55

You can't look at it like that.

There is a concept called *teachings that resemble the truth*.

That is, teachings that are specious.

If you **want** freedom, you will discard these superficially similar sayings.

That is a very natural behavior.

How simple is it for someone to pretend to be enlightened?

Just say a few words of light and love.

But my dear, is that really it? We cannot judge.

Fang Fei 2020-10-15 17:01:26

Wind, if you're embarrassed to ask for money, normal charging, but you're embarrassed to mention it to the other party, where does this come from? I'm trying to break through this point. @Wind?

Wind 2020-10-15 17:01:43

Wanting approval?

===== Page 81 =====

Perceive this yourself. Don't analyze. Once you perceive, release immediately. Can you perceive this *wanting*?

Fang Fei 2020-10-15 17:04:59

Want to release?

Wind 2020-10-15 17:05:32

Yes, look at this *wanting*. Has it left?

Fang Fei 2020-10-15 17:06:22

How come when you say it, I feel calm?

Seems like it left.

I kept asking myself before: *can I let go of the **desire to change***? I kept feeling like I hadn't.

Wind 2020-10-15 17:06:45

Think of that situation. Do you still **want approval** or **want control**?

Is there more?

Allow it to surface.

Fang Fei 2020-10-15 17:07:33

Still **wanting approval**.

Wind 2020-10-15 17:07:48

Be *aware* of this **wanting approval**.

Look again, has it left?

Fang Fei 2020-10-15 17:08:23

If I perceive it and see it, can it leave?

I am calm now indeed.

Wind 2020-10-15 17:08:42

Look again, do you still have **wanting approval**?

If so, allow yourself to be *aware* of it.

Try it.

Fang Fei 2020-10-15 17:09:06

Just a little.

Wind 2020-10-15 17:09:17

Yes, be *aware* of it.

Has it left?

Fang Fei 2020-10-15 17:09:26

I'm *aware*.

Wind 2020-10-15 17:09:26

Has it been released?

Fang Fei 2020-10-15 17:09:38

Basically left.

Wind 2020-10-15 17:09:38

This is the process for **releasing desires** later.
Good, look again, is there any remaining **wanting approval**?

Fang Fei 2020-10-15 17:10:01

===== Page 82 =====

Still a tiny bit.

Wind 2020-10-15 17:10:20

The process for **releasing desires** is very simple.
When you perceive a **desire**, there is a natural *tendency* to let it go.

Fang Fei 2020-10-15 17:10:44

Now very calm and cool.

Wind 2020-10-15 17:10:54

Continue this process until you feel completely free.

Fang Fei 2020-10-15 17:11:35

Just be *aware* of it, and then ask yourself—*has it left now?*

Wind 2020-10-15 17:11:42

Yes.
Ask.
Don't skip steps in the process.
Otherwise, you'll get **stuck**.
Can I let it go?
Sometimes, before you ask, it's already gone.

Wind 2020-10-15 17:12:49

There are several cases today.

You can refer to them.

Look at these processes.

They are all very simple.

It's just that we are used to suppressing, not used to **releasing**.

Simply use the process. It's very simple.

And very easy.

If you have difficulty **releasing**, I can help guide you at any time. But it's better not to rely too much on others' guidance.

The reason Lester Levenson didn't leave any guided **release** teaching videos or audios is to prevent people from thinking that "**he**" did it.

Don't think I helped you do it; you did it yourself.

Rui Lan 2020-10-15 17:24:33

@Wind? I need guidance [Grin][Grin]. Just starting to learn.

Wind 2020-10-15 17:24:57

What do you **want** to release?

Rui Lan 2020-10-15 17:25:27

Wanting approval. That is, not daring to ask others for money.

Wind 2020-10-15 17:25:40

Yes, can you be *aware* of this **wanting approval**?

Rui Lan 2020-10-15 17:25:52

Yes.

Wind 2020-10-15 17:26:07

Has it left?

===== Page 83 =====

Heart very blocked. When you ask, I feel a gas diffusing from all around. Not sure if it's leaving.

Wind 2020-10-15 17:27:02

It's okay, regardless of what happens, look again. Do you still have **wanting approval**?

Rui Lan 2020-10-15 17:27:10

Yes.

Wind 2020-10-15 17:27:11

Can you still be *aware* now?

Rui Lan 2020-10-15 17:27:17

Yes.

Dizzy.

Wind 2020-10-15 17:27:34

Do you **want to control** this dizziness?

Rui Lan 2020-10-15 17:27:47

Yes.

Wind 2020-10-15 17:27:58

Can you let it go?

Rui Lan 2020-10-15 17:28:07

Not sure.

Inner fear.

Fear.

Wind 2020-10-15 17:28:28

Can you be *aware* of this fear?

Rui Lan 2020-10-15 17:28:33

Yes.

Wind 2020-10-15 17:28:40

Do you **want to change** it?

Rui Lan 2020-10-15 17:28:44

Yes.

Wind 2020-10-15 17:28:53

Has this **wanting to change** left?

Rui Lan 2020-10-15 17:29:22

Not sure. Feel a bit stupefied.

Wind 2020-10-15 17:29:37

It's okay.

Do you still **want to change**?

Wind 2020-10-15 17:29:54

Just be *aware* of it.

Rui Lan 2020-10-15 17:29:54

Yes.

Very much.

===== Page 84 =====

Wind 2020-10-15 17:30:13

Yes, be *aware* of it. Allow yourself to stay *aware* of it. Has it left?

Rui Lan 2020-10-15 17:31:04

Now the **wanting to change** is not as strong.

Wind 2020-10-15 17:31:14

Look again at the remaining **wanting to change**. Can you just be *aware* of it at this moment?

Rui Lan 2020-10-15 17:31:44

Wanting to change the blockage in the heart and the stiffness in the shoulders.

Wind 2020-10-15 17:31:58

Yes, see if it's been released?

Rui Lan 2020-10-15 17:32:01

Want them to leave quickly. Yes, it's reduced a bit.

Wind 2020-10-15 17:32:17

Do you **want to control** them to leave quickly?

Rui Lan 2020-10-15 17:32:23

Yes.

Wind 2020-10-15 17:32:37

Yes, be *aware* of this **wanting control**.

Rui Lan 2020-10-15 17:32:57

Very eager for them to leave.

Wind 2020-10-15 17:33:08

Just look at the **wanting control**. Don't worry about anything else. Do you **want control**?

Rui Lan 2020-10-15 17:34:01

When I look at this **wanting control**, I'm not as anxious. Yes, there is.

Wind 2020-10-15 17:34:39

But you still have **wanting control**, right?

Rui Lan 2020-10-15 17:34:47

Yes.

Wind 2020-10-15 17:34:47

Yes, just be *aware*.

Wind 2020-10-15 17:34:59

Has it left?

Rui Lan 2020-10-15 17:35:11

Still there. A bit better.

Wind 2020-10-15 17:35:20

Yes, allow it to surface.

===== Page 85 =====

Rui Lan 2020-10-15 17:35:57

Inside there is also some criticism: how come there's so much **wanting control**?

Wind 2020-10-15 17:36:29

Allow yourself to be *aware*. Has more left?

Rui Lan 2020-10-15 17:36:33

I see a lot of **wanting control**, constantly **wanting control**. It's left a bit, because there's too much.

Wind 2020-10-15 17:37:51

Yes, repeat this process.

Rui Lan 2020-10-15 17:38:15

Yes, the blockage in the heart has reduced a bit.

Rui Lan 2020-10-15 17:38:46

But I see a lot, a lot of **wanting control**. Feeling that without **control**, I wouldn't be able to live [pout]

Wind 2020-10-15 17:38:57

It's okay, just continue **releasing**. Each time you **release**, is there a bit more lightness and freedom? So, continue **releasing**.

2020-10-15 (New) Wind explains karma, mind, how to release pain, and that Lester Levenson only began teaching the Release Method later in life.

Zhao Yan 2020-10-15 12:06:10

Wind? Teacher Wind, can **release** eliminate **karma**?

Wind 2020-10-15 12:06:36

Karma is just your feelings. Lester Levenson calls it *programs*. Only in your **mind**. Answer you with Lester Levenson's original words.

Lester Levenson: ***Karma** is in the thought, not in the act. When you do something, it's the thought that's carried over in the subconscious that instigates the act next time. Eliminate subconscious thought and you eliminate future **karma**.*

It's the thought that carries over from lifetime to lifetime. So if you bring the thought up and you reverse it, karmically it's gone.

*I'd like to know a little more about how **karma** works and why it works. I'd like to know what puts it into effect; what starts the wheel. In your book, you mention that it's the thought.*

===== Page 86 =====

Lester Levenson: *The word "**karma**" is a Sanskrit word meaning action. Its general use means action and the reaction to the action. Other explanations are cause and effect; what you sow you reap; what you give out comes back to you.*

***Karma** is initiated in thought. Thought is the cause and action is the effect. When we create a **desire** we **want** something. The **desire** initiates the thought of wanting something. Wanting something causes us to act to get that something. That something does not satisfy us and therefore we increase the **desire**. That goes on and on and on, and we become bound by **desire**, never able to satisfy it. If our **desires** were capable of being satisfied, we would have no **desires**, right?*

Wind 2020-10-15 12:10:03

Karma is action. The habits of the **mind** are **karma**. Habitual thoughts are your world.

Wind 2020-10-15 12:10:47

Actually, others cannot help you judge your basic **desires**. Your **wanting control** is developed for **wanting approval**, and your **wanting approval** is for surviving as a body. But right now, what you perceive is what you need to release.

Wind 2020-10-15 12:12:13

You can look at the Lester Levenson audio series "*The Way*" that I translated. It talks about the basic **desires**.

Zhao Yan 2020-10-15 12:12:24

@Wind? Why can't I have what I want manifest?

Wind 2020-10-15 12:12:55

Every single thought manifests. I'll use Lester Levenson's original text. It's in the group owner's public account.

The only function of the **mind** is to create. But your feelings are programmed.

===== Page 87 =====

Therefore, you cannot **control** the inertia of your subconscious thoughts.

Zhao Yan 2020-10-15 12:16:36

@Wind? If the **mind** is creating in groups, why are most scripts painful?

Wind 2020-10-15 12:17:16

Because you have programmed it. Those thoughts you don't **want** to see, you suppress them into the subconscious. The subconscious doesn't mean they are not operating; it means you are not looking.

Zhao Yan 2020-10-15 12:17:46

@Wind? How do I reverse it?

Wind 2020-10-15 12:17:59

Through **release**, you can. **Karma** is only in your **mind**.
Release your feelings, and you clear a part of the **mind** program.

RainForest 2020-10-15 12:14:10

Teacher Wind, every time I perceive a feeling, such as **wanting control**, my **mind** immediately surfaces a concept. At this point, I can't distinguish between the feeling and the **mind's** concept... Then I don't know what to **release**. My **mind** might even raise a question: past feelings have become memories, future feelings haven't come yet, what am I supposed to **release**... Then I get trapped in the **mind**.

Wind 2020-10-15 12:16:41

Do you **want control**?

RainForest 2020-10-15 12:18:35

Want to, but when answering "*want*," I feel a sense of **control**, and then the **mind** quickly conceptualizes this sense of **control**??

Wind 2020-10-15 12:18:55

Yes, do you **want to control** this process?

Yan 2020-10-15 12:19:41

Haha, asking for advice: my body is not well, I have a deep sense of fear, how to release the **desire to die**?

Wind 2020-10-15 12:20:12

If you perceive the *fear of death*, you can release it. But covering it are many **wanting controls** and **approvals**.

Yan 2020-10-15 12:20:32

I see it, but it's still very deep.

Wind 2020-10-15 12:20:52

Do you **want to change** that *fear of death*?

Yan 2020-10-15 12:21:05

Yes, very much.

Wind 2020-10-15 12:21:32

Can you be *aware* of this **wanting to change**?

Yan 2020-10-15 12:21:42

Yes.

===== Page 88 =====

Wind 2020-10-15 12:22:00

Has it left?

Yan 2020-10-15 12:22:21

Is it necessary to release the first two **desires** first to easily release the **wanting to die**?

Wind 2020-10-15 12:22:32

Yes.

Yan 2020-10-15 12:22:32

It hasn't left. I like **control**.

Wind 2020-10-15 12:22:43

Look again, do you still **want control**? Just be *aware* of it.

Yan 2020-10-15 12:23:07

Still do. I'm a control freak.

Zhao Yan 2020-10-15 12:23:12

Release everything. For example, if you reach this energy level, is there no **mind** left?

Wind 2020-10-15 12:23:23

I'm still far from it. But as I **release**, the **mind** continuously disintegrates. This can be experienced.

Yan 2020-10-15 12:24:27

So that means first release **wanting control**, **wanting to change** death, **wanting to live**.

Wind 2020-10-15 12:24:48

Release **wanting control**, and you will no longer suppress the *fear of death*.

It will surface for you to **release**. Lester Levenson said, release the **mind**, and what remains is **infinite existence**.

That's it.

The **mind** is nothing but the collection of your feelings and thoughts.

The **three major wants**: **wanting control**, **approval**, **safety (survival)**. Lester Levenson sometimes uses *fear of death* to mean **wanting to survive**. **Wanting to change** is also a type of **wanting control**. So just release three things: **wanting control**, **approval**, **wanting to survive** (*fear of death*).

Zhao Yan 2020-10-15 12:27:44

Is **karma** the thoughts and emotions attached to the **mind**?

Wind 2020-10-15 12:27:59

Not attached to the **mind**.

The **mind** is not a container.

The **mind** is the collection of thoughts and emotions.

===== Page 89 =====

When thoughts and emotions are released, there is no **mind**. Release whichever one is easiest to perceive. Release the one that surfaces, whether it's **wanting control** or **approval**. After releasing the *fear of death*, the **mind** is cleared. Completely over. Because it is the cause of all feelings. All feelings are **survival programs**. Use Lester Levenson's original words:

Lester Levenson: *What was it last time? OK, the first thing we suppress is the **desire** to survive as a body, appearing as the "fear of death". How does it develop into other feelings? If I get everyone's **approval**, I am **safe**, I can survive as a body. If I cannot get their **approval**, I **want** to force them to approve, then I can be **safe** and survive—this is **control**. But, because you are so afraid to allow these feelings of fear of death to surface, you need to first deal with **wanting approval** and **wanting control**. When you release those, the "fear of death" at their base will naturally and noticeably surface for you to release. But I think you have released enough **wanting approval** and **wanting control** to attack the fear of death directly. Do it, keep doing it. When you get **stuck**, use the "how to" process in this method, let go of the **desire to change** the feeling of being **stuck**. If it's a vague, unclear feeling, let go of the **desire to change** this vague, unclear feeling. When you release it, you can again attack that feeling of fear of death. A small release on it at first will allow you to move to a state where you can discern and realize that the "fear of death" is just a feeling, whereas now you equate it with actual death. That's why you don't allow it to come out. If you don't equate the fear of death with death itself, you can let it out and become free in about one to two weeks. It strives to push itself out, wants to come out and leave, so it is our most suppressed feeling. You have done an extremely good job of suppressing and keeping it at the bottom. So last time we focused for the first time on releasing the fear of death. I usually avoid it because most people don't release it smoothly but get blocked on it. But I think you are ready. If you are as determined as you say you are, you will allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's how it happens. You no longer hold them down; you allow them to surface and leave. Because it also constantly*

===== Page 90 =====

tries to push itself up and out—every suppressed feeling does this. So when you do it, it's very easy. They surface and leave like waves, until the waves stop, and you are done.

Student: *Through **releasing** day by day, moment by moment, or by taking the shortcut, **releasing** the fear of death. This is a considerably long process, right?*

Lester Levenson: *Releasing **wanting approval** and **control** is also a shortcut, compared to releasing all the emotions underneath them. **Approval** and **control**. When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you release the fear of death, you still have **wanting approval** and **control**. The only reason you **want** everyone's **approval** is so that you can be **safe** and survive. If we don't get **approval**, you **want** to force them to approve, and then you can be **safe**. That is **control**. But when you release **wanting approval** and **control**, all the feelings underneath them are gone. Next, what remains is just **wanting approval** and **control**. By releasing the fear of death, you release them all. When you get there, you will very easily allow the fear of death to surface. You reach a point where it will push itself up and out. You sit there, completely watching it, and it will expel itself. Then you will laugh, and your **mind** will be shut down. What a foolish joke, playing on your Self, thinking you are limited, but you never were.*

*The first thing we suppress is the **desire** to survive as a body, appearing as the "fear of death". How does it develop into other feelings? If I get everyone's **approval**, I am **safe**, I can survive as a body. If I cannot get their **approval**, I **want** to force them to approve, then I*

*can be **safe** and survive—this is **control**. But, because you are so afraid to allow these feelings of fear of death to surface, you need to first deal with **wanting approval** and **wanting control**. When you release those, the "fear of death" at their base will naturally and noticeably surface for you to release.*

Wind 2020-10-15 12:32:34

This passage from Lester Levenson explains why all feelings are **survival programs**. *All feelings are **survival programs**.*

Wind 2020-10-15 12:33:35

"The Ultimate Freedom" is a collection of early audios. At that time, he hadn't invented the **Release Method** yet. He tried many ways to teach, but nothing was very effective.

The effect of meditation.

In 1975, Mr. Lester Levenson obtained that method and discovered that one **release** equaled several months of meditation effect.

Then he passed on the **Release Method**. What I am translating now are the later audios after Lester Levenson invented the **Release Method**. *The Way* is a later audio from 1989. Lester Levenson only teaches around the **Release Method**.

===== Page 91 =====

And another video I translated is the 1992 **Release Method** course. At that time, Lester Levenson was still alive, the **Sedona Institute** was still Lester Levenson's own, and the course was set by Lester Levenson himself, not altered. Later, Hale Dwoskin started his own **Release Method** organization, and Larry Crane (Lawrence Crane) also started one, as did other students with niche teachings. They couldn't teach the same thing, so they all made many additions and changes. But based on the detours I have taken myself, these additions and changes only weaken the power of the **Release Method**. In the early days, they didn't change it too much. But I've been following Hale Dwoskin and Larry Crane (Lawrence Crane) for a long time. His later shares are basically unrelated to the **Release Method**. Stephen was also a student of Lester Levenson's. He thinks Larry Crane (Lawrence Crane) and Hale Dwoskin changed the method, reducing its power, so he also started teaching. But some kind person uploaded the 1992 original version to YouTube. So we can use that directly. Actually, if you watch the video directly and follow along, you can master it. The **Release Method** doesn't require reading books. The video also has basically no theoretical explanations. It just continuously guides students to do **releases**. If you follow along, you will naturally learn it. You will be amazed at the simplicity and effectiveness of this method. Next, you can listen to Lester Levenson's **advanced course** for Sedona graduates, which is *The Way* series. It will give you some guidance towards freedom. You follow through with one of them, and do it, **releasing continuously**. That's it. The autobiography was written in 1972, before he got the **Release Method**. So it can be used as theoretical reference. I'm going to continue **releasing**. Those intellectual questions are actually not very important. Write down those gains; they will support you towards freedom.

D 2020-10-15 12:55:32

Originally, I really, really wanted to eat, couldn't bear the hunger. After **releasing** it, it finally went away. @Wind? But I can't **release** pain. Why? Asking for advice, Teacher Wind.

Wind 2020-10-15 12:55:59

This is normal. Releasing hunger and sleepiness is normal. Especially after you **release** the **wanting control** over it, the hunger disappears.

===== Page 92 =====

So how exactly do you solve pain?

Wind 2020-10-15 12:56:50

Pain is the same.

Pain is the expression of emotions in the body.

Towards death.

Lester Levenson said that physical pain actually points towards death.

If you don't **release** it, you are expressing it on the body.

Body pain.

Group Member 2020-10-15 12:58:26

Many higher-dimensional beings and aliens are watching Earth's humans graduate, from third level to fourth level [Grin]

Wind 2020-10-15 12:58:29

Actually, according to Lester Levenson, we are the **advanced** classroom, and they are the lower level.

I'll answer you with Lester Levenson's autobiography.

Just take a look.

*There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult, and therefore affords the greatest growth. All of us who are here are **advanced** souls- **advanced** in that we have chosen an extremely difficult place of abode. We wanted a higher course, a tougher one, and we've got it!*

The more difficult, the more advanced.

Small Cleverness 2020-10-15 13:03:15

*The first thing we suppress is the **desire** to survive as a body, appearing as the "fear of death". How does it develop into other feelings? If I get everyone's **approval**, I am **safe**, I*

*can survive as a body. If I cannot get their **approval**, I **want** to force them to approve, then I can be **safe** and survive—this is **control**.*

This passage explains it all clearly. Human survival generates **approval** and **control**. That explains everything.

Wind 2020-10-15 13:04:20

Yes, Lester Levenson spoke very concisely.

Clear and powerful.

We don't need to mix in any other concepts.

He uses everyday English.

Rarely uses spiritual vocabulary.

Therefore, modern people can have a very direct contact with his experience through these words.

===== Page 93 =====

Lester Levenson's later teachings are very simple: **release**, ***follow through** with the **Six Steps***, and you are free. Metaphysical discussions are unhelpful, because the **mind** can never imagine **infinite existence**.

Don't play conceptual games.

Go through **release** and actually experience freedom. I'm going back to closed-door retreat. See you later. Good luck.

Rong 2020-10-15 13:10:34

Thank you?? Master Wind.

Wind 2020-10-15 13:11:59

Don't call me master. I'm still far from it.

Small Cleverness 2020-10-15 13:11:32

Actually, I still have a question, no problem. **Wanting to release approval** is **wanting control**. Then, releasing **wanting control** and **approval**, the second *wanting to release* is very vague. After releasing it, do I still need to release the first one if I can't find the feeling of the first one?

Wind 2020-10-15 13:12:17

Always **release**. After you **release**, what is your current feeling? Is it **wanting control** or **wanting approval**? Continue **releasing**.

Small Cleverness 2020-10-15 13:12:48

I don't **want control** anymore, but I can't find that feeling of **wanting approval**. Do I need to grab it back and **release** it?

Wind 2020-10-15 13:13:04

Do you **want** to find it?

Small Cleverness 2020-10-15 13:13:11

Yes.

Wind 2020-10-15 13:13:16

Is this **wanting control**?

Small Cleverness 2020-10-15 13:13:23

Yes.

Wind 2020-10-15 13:13:28

Yes, release it.

Small Cleverness 2020-10-15 13:13:58

I understand. Always **release** the topmost **wanting control**.

D 2020-10-15 13:13:58

How to **release** pain? @Wind?

Wind 2020-10-15 13:15:15

===== Page 94 =====

Do you **want to change** the pain?

D 2020-10-15 13:16:52

Of course.

Wind 2020-10-15 13:17:07

Yes, can you be *aware* of that **wanting to change**?

D 2020-10-15 13:17:21

If I don't **want to change** it, wouldn't that mean letting it hurt all the time? Can perceive it comes from **wanting control**.

Wind 2020-10-15 13:17:37

Can you let it go?

D 2020-10-15 13:17:40

I see its motivation. It left.

Wind 2020-10-15 13:17:49

Yes, continuously release. **Wanting to change** $\equiv$ cannot **change**. Once the **wanting to**

change is released, you will find it **changes** automatically. Once the **wanting control** is released, you immediately have **control**.

Wind 2020-10-15 13:14:07

Personally, I don't have reactions like hiccupping when **releasing**. The experience of **releasing** is that your emotions dissipate, accompanied by energy leaving and a feeling of lightness and pleasantness. It makes your emotions *move up*.

Happy Cat 2020-10-15 13:15:06

Whenever I **release**, I hiccup non-stop, exhausted. Is this the wrong method?

Wind 2020-10-15 13:15:23

Yes, the method is wrong. Feeling tired when **releasing** means the method is wrong. You might be paying too much attention to body sensations, forming potential **suppression**. Because tiredness itself is caused by **wanting control**.

Wind 2020-10-15 13:23:54

I'm going to continue **releasing**. Any questions can be solved in the **Six Steps**. When there is no one to answer questions about the **Release Method**, you can refer to the **Six Steps**. Good luck.

===== Page 95 =====

2020-10-16 Wind discusses reasons for joining the group, methods to release the fear of death, and views on A Course in Miracles.

Yi Tian 2020-10-16 08:58:57

Is the **Release Method** modifying programs?

Wind 2020-10-16 08:59:18

It is undoing programs.
You don't need any programs.
Release breaks habits often.
Habits are automation.
Automation means **survival programs** suppressed into the subconscious.
That is, those feelings.
Three major habits or *tendencies*: **control, approval, safety**.
Release these three, and all habits and *tendencies* are removed.
Because it is the basis of all automated programs.

Yi Tian 2020-10-16 09:05:12

Feelings themselves contain programs. Eating the same chili pepper, one person feels "spicy," another feels "awesome." This is due to different internal programs. What are programs, after all? Just habits.

Wind 2020-10-16 09:05:27

Feelings are programs.
*Feelings are **survival programs**.*

Mu 2020-10-16 09:09:37

@Wind? Do you go out?
Or are you **releasing** at home every day?

Wind 2020-10-16 09:10:12

Previously **releasing** at home every day.
Today, I'm out **releasing** at a Starbucks.

Roller Coaster 2020-10-16 09:10:29

Like this, are these the **Six Steps** from the '92 video?

Wind 2020-10-16 09:10:55

Yes, I sent them before.
I translated two versions.
One is the 1992 course version.
One is the version I pieced together from Lester Levenson's audio where he explains the **Six Steps**.
Both versions work.
Pretty much the same.
Use whichever you like.

Roller Coaster 2020-10-16 09:12:25

Sometimes feel it's clearer to understand in English.

Wind 2020-10-16 09:12:44

===== Page 96 =====

If you can understand English, it's certainly best to read English. Some sentences I find difficult to translate because the concise and direct power of Mr. Lester Levenson's words is hard to render. Also, you don't need to **control** what to **release** first and what to **release** later. **Release** whatever you are most *aware* of. Keep **releasing continuously**. That's the **Six Steps**. No matter what **desire**, you don't need to suppress it. You can **release** it the moment you perceive it.

I 2020-10-16 09:23:19

Seems about the same, these two versions.

Wind 2020-10-16 09:23:45

Pretty much the same. Just changed "*freedom*" to "*imperturbability*." Changed the **Fifth Step's** "*change*" to "*control*." The rest is basically the same. In Lester Levenson's **advanced course**, he likes to say "*freedom*." In the course, he might have felt this concept wasn't very meaningful for beginners, so he changed it to "*imperturbability*," which is more in line with the course standards. *Imperturbability*, according to Lester Levenson's explanation, is a state where no person or thing can disturb you.

Absolute tranquility.

Yi Xuan 2020-10-16 09:43:27

Instinctive **suppression**, instinctive *resistance*, instinctive self-protection. Unconscious, numb for too long.

I 2020-10-16 09:44:38

Don't push it onto instinct.

Wind 2020-10-16 09:45:05

Just habits.

Yi Xuan 2020-10-16 09:45:50

Teacher Wind isn't in retreat?

Wind 2020-10-16 09:46:54

My friend came back these two days, no free time. Keep the **Six Steps** by my side. Every step must be valued. Every step can remind me. This is what I pieced together from several of Lester Levenson's audios.

He mentioned bits and pieces of the **Six Steps**.

===== Page 97 =====

3. *All feelings culminate in two wants: **wanting of approval and wanting of control**.*
4. *Make release constant.*
5. *If you get stuck, let go of the **wanting to change** the stuckness.*
6. *Each time you release, you are happier and lighter. You have more motivation to go free.*

The course version is a bit more standardized. Lester Levenson's version is more concise. He added "*separation*" that he talked about elsewhere. It should be from the "*Goals and Winning*" audio. Lester Levenson talked about *separation*. He sees it as the most fundamental, but this is not something to deliberately **release** within the method. Lester Levenson only asks you to **release** three things.

First, **release** the two major **wants**: **approval** and **control**.

Then, the *fear of death* (**wanting survival/safety**) will automatically surface for you to **release**. Then the entire driving force of the **mind** is gone. The **mind** is completely quiet. You no longer identify with your body-mind, but identify with your **infinite beingness**. This *separation* ends. Only *oneness* remains.

Hale Dwoskin adding *separation* and *oneness* to the list of **desires to release** is not in line with the method. Just **release** the two **wants**. If you often feel **wanting safety**, then **release** the three **wants**. In the eighth video of the course, all three **wants** are asked together. Possibly in just a few days they have already touched upon **wanting safety**. The key is to only **release wanting control** and **wanting approval**. Nothing else matters. All feelings are driven by them. **Release** the two **wants**, and those feelings will dissipate on their own.

Release the two **wants**, and those feelings will dissipate on their own.

Times Everything Connected 2020-10-16 10:23:45

I **want to change** the current situation now. Is this **wanting control**?

Wind 2020-10-16 10:24:01

Yes.

Yes.

Star of Bethlehem 2020-10-16 10:25:41

Last night, I tried to enter the *fear of death* twice. Felt it wasn't very **safe** and retreated.

Wind 2020-10-16 10:26:11

Haha, succeed once and you can do it a second time.

===== Page 98 =====

Then again, and again, and again.

Star of Bethlehem 2020-10-16 10:26:38

Now that I think about it, I definitely won't die. I released enough **wanting control** and **approval** during the day, and before going to bed at night, I felt I could dive into the *fear of death* and take a look.

Wind 2020-10-16 10:28:47

Yes, just need a *decision*, and you'll see it.

Star of Bethlehem 2020-10-16 10:29:12

The prerequisite is to release **wanting control** and **approval** first. Then you clearly see that underneath is **wanting to survive**. Then you can *decide* to dive in. I still want to go in and see now. I didn't succeed **releasing** yesterday.

Wind 2020-10-16 10:30:10

Yes, just need to release the covering **wanting control** and **approval**. The *fear of death* can then naturally surface.

Star of Bethlehem 2020-10-16 10:30:36

The *fear of death* will be very obvious. Once you face it, next time you will be more confident to overcome it. Essentially, it's just a feeling. Because we usually don't see it, we can't do anything about it. It keeps driving us with **wanting control** and **approval**.

Wind 2020-10-16 10:30:49

Now, for me too, whenever I *decide* to face the *fear of death*, it immediately pops up. The tranquility after **releasing** it is indescribable. The *fear of death* drives a huge amount of mental activity. The progress during this period is greater than ever before. Even though I've mastered the **original process** for a long time. It seems sharing is indeed useful.

Star of Bethlehem 2020-10-16 10:33:50

Yes, many people in the group have made more progress in these two days than in a long time before.

Miracle 2020-10-16 10:33:11

@Wind? Besides the feeling of **wanting control** in my chest and abdomen, I also have it in my head. Do I need to **release** it separately? The **desire** to **control** what I think.

Wind 2020-10-16 10:33:44

See the **wanting control**, just release it. Until you have no more **wanting control**.

Wind 2020-10-16 10:36:15

The progress of people in the group can be predicted.

===== Page 99 =====

Because when I first encountered the **original process**, I also made great progress. What I just said is that after translating and sharing those things, I also made great progress during this time.

I 2020-10-16 10:37:07

I found that the suffering I endured because of incorrect **release** methods in the past has now turned into a huge driving force now that I have the correct method. I cherish it very much and practice diligently.

Using the wrong method, forcing **release**, is very hard, but it was all worth it.

Star of Bethlehem 2020-10-16 10:38:15

Haha, I found it very interesting back then. I found someone like me who had watched all of Lester Levenson's recordings and videos. @Wind

Wind 2020-10-16 10:39:33

I came into contact with the **Release Method** very early on. At that time, I watched many people teach.

But I basically didn't speak.

At that time, I felt that everything taught in the market had problems, so I quit all groups.

I started looking for materials myself.

After I found them, I went to **release** on my own.

I basically don't interact with anyone in the spiritual practice circle.

The reason I joined this group was because I was **stuck** at the time.

I wanted to exchange experiences with others.

But I found that no one seemed to know the **original process**, so I didn't say anything.

After a few days, seeing everyone **releasing** in all kinds of strange ways, I couldn't help but translate a few of Lester Levenson's audios.

Then I translated part of the 1992 videos.

Actually, I had shared my method with others before.

But they were more willing to believe in "*teachers*."

So in these two years, I haven't successfully shared with anyone.

Only here, with the group owner, did sharing succeed.

Many teachers even claim to be enlightened.

But the methods they teach are completely wrong.

Star of Bethlehem 2020-10-16 10:46:18

My standard for enlightenment is very high.

Wind 2020-10-16 10:46:37

I can't tell who is truly enlightened, but I can tell fake enlightenment within minutes. Because the rhetoric is the same.

Star of Bethlehem 2020-10-16 10:47:07

Only someone like Lester Levenson is enlightened. *Beingness only*.

Wind 2020-10-16 10:49:06

But I generally don't judge: who is enlightened or not enlightened.

I judge their methods.

I won't say a person is bad, a person is good.
But I will say a method is good.
Another method cannot reach the final goal.

===== Page 100 =====

I 2020-10-16 10:49:38

A few days before you joined the group, I suddenly started a "*rectification movement*." I suddenly got tired of some incorrect **release** practices. I kicked out all the "*teachers*" in the group, or group members who relied on various other teachers' methods. Then I started discussing **release** in the group. But after a few days, I suddenly felt very emotional. I felt that after **releasing** for several years, I hadn't met anyone I thought **released** well. All those so-called **release** teachers taught incorrectly. There wasn't even anyone I could communicate with normally, anyone who could understand me. Then I sighed, thinking it would be great if there was someone who could communicate with me and help me promote **release**. Unfortunately, there wasn't. I didn't expect you to appear [Chuckle] @Wind

I find that these things are still omen-like. That is, my sudden "*rectification movement*" seemed to be for your arrival.

Wind 2020-10-16 10:51:13

The group owner is still conservative. He said *A Course in Miracles* can also reach the final goal. I think it can't. People aiming for freedom will immediately abandon *A Course in Miracles*. The **Release Method** is not the only method to reach the final goal, but *A Course in Miracles* is not one.

I 2020-10-16 10:53:22

@Wind? I said *A Course in Miracles* can enlighten people, meaning that there are some words in it, like it also talks about the *fear of death* being the last thing to face. So based on these words, people who understand can be inspired by these words and have hope of enlightenment. I didn't say that the method of *A Course in Miracles* itself can enlighten people.

Wind 2020-10-16 10:54:13

If it's inspiration, then one would have to realize the method themselves. How difficult is self-realization?

Star of Bethlehem 2020-10-16 10:54:37

A Course in Miracles is not suitable for everyone because the threshold is very high.

I 2020-10-16 10:54:42

I practiced it for a few months and indeed found it useless. And there are too many concepts in it, the brain gets confused.

For someone like me with some foundation, I can still see a little something in it. For someone without any foundation, it's just chaos.

I see many people practicing *A Course in Miracles* are silly, and they easily fall into ego-clinging.

Star of Bethlehem 2020-10-16 10:55:57

The foreign ACIM circle is the same too @I am infinite.

Wind 2020-10-16 10:56:30

I don't see it that way. I think *A Course in Miracles* is a similar teaching.

Because I feel I can clearly distinguish between the words of someone who has truly experienced it and conceptual statements.

Of course, personal opinion, for reference only.

After all, I haven't reached the final goal either.

I 2020-10-16 10:57:12

===== Page 101 =====

For example, the **Release Method** speaks very clearly and explicitly. But *A Course in Miracles* is chaotic. Anyway, I think it's hard for me to sort anything out from it.

Star of Bethlehem 2020-10-16 10:57:21

From my perspective, many people can't understand *A Course in Miracles*.

Wind 2020-10-16 10:57:28

However, Lester Levenson is the clearest.

Especially the more I **release**,

the more I experience that miracles are similar teachings.

Before, I wouldn't have said it so directly.

After experiencing the closed-door retreat, I directly say *A Course in Miracles* is a similar teaching.

It cannot lead people to the final goal.

Because the person who conveyed this method probably wasn't awakened themselves.

Maybe it was some high being playing tricks on people.

I do know someone very capable privately, but he doesn't participate in any spiritual circles.

I 2020-10-16 11:03:19

If a non-enlightened person teaches the Dharma, and if they teach based on their own understanding, it's very easy to make mistakes because they are limited by their own understanding.

This is how important it is to find the teachings from Lester Levenson himself.

Just like "*The Abundance Book*" and "*The Sedona Method*." Although the books say those things, if you change it, add a little, subtract a little, it all gets confused.

Like in a **release** process by Hale Dwoskin, everything is fine in the front, but the last step becomes *acceptance*. He says to *accept* that thing.

Leaping Rocket 2020-10-16 11:05:47

I think *A Course in Miracles* is okay.

The things it talks about are not biased.

You can feel love. I've only read two chapters [facepalm].

Wind 2020-10-16 11:06:59

Your requirement is "*not biased*."

My requirement is a correct map.

A miss is as good as a mile.

I 2020-10-16 11:07:35

If *A Course in Miracles* is really an enlightened Dharma transmitted by Jesus, but because it's a transcription, like Hale Dwoskin's situation, it gets twisted in the transmission, and you can't make heads or tails of it.

Wind 2020-10-16 11:08:04

Jesus would not transmit through channeling.

Lester Levenson said that Jesus himself can have coffee with you.

He has already returned.

Look at Yogananda's autobiography, the **astral body** can directly appear before you.

The **causal body** can appear anywhere.

There is no need for a channel or possession.

Lester Levenson also mentioned that high beings like to fool people.

Qian 2020-10-16 11:11:31

===== Page 102 =====

So according to you, if I make a wish now and ask Lester Levenson to appear before me as an **astral body**, this is also possible, right?

Wind 2020-10-16 11:11:37

Yes.

Even through the physical body.

Wind 2020-10-16 11:12:02

If you are willing, they are willing. You just need to *accept* it. Many **Release Method** students have seen Lester Levenson. Regarding the judgment of a certain method, I'll only say it once. Next, I won't discuss it. Only discuss the **Release Method**.

Roller Coaster 2020-10-16 11:13:12

Wind, when you **release**, do you feel Lester Levenson's blessings?

Wind 2020-10-16 11:14:16

I don't **want** blessings.

I feel I can reach the final goal on my own. I can do it myself without any external force. So I have never called upon Lester Levenson. Having the method is enough. No need to trouble him.

I have actually studied and researched many methods.

But no need to patch together with the **mind**.

Just now about *A Course in Miracles*, that was a calm judgment. I didn't intend to convince people who practice it. Maybe it takes a process.

But I think anyone who deepens their **release** can experience this.

If you truly **want** freedom, you won't intersperse it.

My personal preference is for methods that rely purely on self-power.

As long as something mixes in reliance on external help, I'm not too interested.

In the past, when studying Buddhism, there were many methods relying on other-power.

But Theravada Buddhism mainly relies on self-power, so I practiced it for a while.

Ultimately, it must be self-power.

Because there is no other.

I 2020-10-16 12:18:48

The **Release Method** was discovered by Lester Levenson when he found that **releasing** for one day had a better effect than meditating for several months. So he started teaching the **Release Method**.

Wind 2020-10-16 12:19:04

It's one **release**.

One **release**.

One **release** equals several months of meditation.

I 2020-10-16 12:19:29

===== Page 103 =====

I just felt like I might have exaggerated, but it turns out I wasn't enough. So how important direct transmission is! With just one careless mistake, a word is wrong, and the meaning is greatly reduced.

Yi Xuan 2020-10-16 12:29:09

Is there a minimum time for one **release**? Does a few minutes count?

Wind 2020-10-16 12:30:51

One successful **release**.

hai 2020-10-16 12:37:34

I did pray for Lester Levenson's help because **releasing** was very strenuous. Then, a few days later, Wind joined the group. I basically don't look at the group much. That day, I somehow was compelled to come in and look. I saw Wind's initial posts from those few days. It felt like Teacher Wind was a guide sent by Lester Levenson. Grateful to Teacher Wind, grateful to Lester Levenson. This only represents my personal view. Is this a coincidence? Really, it wasn't many days apart.

Wind 2020-10-16 12:46:33

Anything like this, just treat it as a coincidence. I don't dare to use statements that would boost the **ego**. We are all people learning the **Release Method**. Together, let's do our best.

Sophie 2020-10-16 14:19:56

@Wind? I would like to ask Teacher Wind to give me **release** guidance. I found that I have a pattern of showing strength because I'm afraid of being hurt by the outside world.

Wind 2020-10-16 14:20:42

Yes, look at your feeling about it now. Is it **wanting control** or **wanting approval**?

Sophie 2020-10-16 14:20:54

Wanting control.

Wind 2020-10-16 14:21:07

Can you be *aware* of this **wanting control**?

Sophie 2020-10-16 14:21:16

Yes.

Wind 2020-10-16 14:21:24

Has it left?

Sophie 2020-10-16 14:21:50

Some has left.

Wind 2020-10-16 14:22:18

Yes, is there any remaining **wanting control**?

Sophie 2020-10-16 14:22:41

Feeling a lot of **wanting safety**.

Wind 2020-10-16 14:22:53

Okay, can you be *aware* of it?

Sophie 2020-10-16 14:23:10

I am *aware*.

Also part of **wanting approval**.

Wind 2020-10-16 14:23:54

===== Page 104 =====

It's okay, pick one arbitrarily. Allow yourself to be *aware* of that *wanting*.

Sophie 2020-10-16 14:24:10

Yes.

Wind 2020-10-16 14:24:12

Has it left?

Sophie 2020-10-16 14:24:21

No.

Wind 2020-10-16 14:24:37

Are you **stuck**?

Sophie 2020-10-16 14:24:49

Yes.

Wind 2020-10-16 14:24:58

Do you **want to change** this **stuck** feeling?

Sophie 2020-10-16 14:25:12

Want to.

Wind 2020-10-16 14:25:39

Allow yourself to be *aware* of this **wanting to change**.

Sophie 2020-10-16 14:26:03

Okay.

Wind 2020-10-16 14:26:17

Has it left?

Sophie 2020-10-16 14:26:44

No.

Wind 2020-10-16 14:26:59

Do you **want to control** this process?

Sophie 2020-10-16 14:27:12

Want to.

Wind 2020-10-16 14:27:37

Can you be *aware* of this **wanting control**?

Sophie 2020-10-16 14:27:53

Yes.

Wind 2020-10-16 14:28:36

Has it left?

Sophie 2020-10-16 14:29:01

It left.

Wind 2020-10-16 14:31:36

Yes, is there more **wanting control**? Allow yourself to be *aware*.

Sophie 2020-10-16 14:32:13

Yes, there is. Yes.

Wind 2020-10-16 14:33:07

Has it left?

===== Page 105 =====

Sophie 2020-10-16 14:33:51

Some left.

Wind 2020-10-16 14:34:35

Yes, continue this process. Continuously allow yourself to be *aware* of **wanting control** or **wanting approval**, and then let them fly away and leave.

Sophie 2020-10-16 14:35:16

Yes, thank you, Teacher Wind.

Wind 2020-10-16 14:39:07

You're welcome.

Yi Tian 2020-10-16 15:30:28

Is **wanting approval** deeper than **wanting control**? @Wind? **Wanting safety — wanting approval — wanting control**, from deep to shallow, is this the order?

Wind 2020-10-16 15:33:05

Yes. Two passages from Lester Levenson explain it clearly.

Lester Levenson's early teachings are definitely not the same as *A Course in Miracles*.

Lester Levenson's early teachings are the truth spoken by an enlightened being.

Theoretically, there's no problem. But *A Course in Miracles* also has theoretical problems.

I have studied most cultivation methods.

And tried them.

Some are methods taught by truly enlightened beings, some are not.

Generally, I don't deliberately criticize a method.

But if someone asks me about authenticity, I won't shy away from it.
I will directly state my own judgment.
Because issues of authenticity can cause people to take a lifetime of detours.
Maybe more than a lifetime.
I won't muddle through for the sake of **approval**.

Ma Wei 2020-10-16 15:41:56

I haven't read much of *A Course in Miracles*. Studied it for a while. Read the companion books "*The Disappearance of the Universe*" and "*Your Immortal Reality*." Felt they were pretty good. Some insights in "*The Disappearance of the Universe*" resolved many of my doubts... But later I encountered "*Advaita Vedanta*," which is straightforward and direct. So I stopped practicing *A Course in Miracles*. [Grin]

Wind 2020-10-16 15:42:31

Advaita Vedanta?
I've encountered all these.
The essence of *A Course in Miracles* also has problems.
Why do I say this?
Because the experience of awakening may be expressed very simply.
But judging it is not easy.

===== Page 106 =====

It's not that saying the same thing makes everyone an enlightened being. There are some subtle parts. Because I don't intend to get involved in spiritual circles, I don't plan to correct anyone. Generally, if someone talks to me about those things, I only ask them to continue **releasing**, and I won't argue about authenticity. But since you asked, I'll say it directly. Yes, and add, personal opinion. But personally, I think it's relatively reliable [chuckle]. New Age things, including the Seth books, anything I've encountered that is taught through channeling, is not the truth.

Ask: *All the books that I read say the same thing; Patanjali says it, Yogananda says it, the Gita says it and the Vedas say it; they all say it.*

Lester Levenson: *And they said it a thousand years ago, a million years ago, a billion years ago, a billion, billion years ago, and in the future, they'll say the same thing. Because Truth is that which never changes; It is changeless. The basic Truth will never change in all eternity and you can know this for the entire universe. If somebody comes from a planet billion and billions of light- years away and tells you otherwise, no matter how high he looks, acts and talks, if it doesn't fit in with what you know of the changeless Truth, you can be sure he's wrong, even though he's acting and looking like a god.*

Do you know what I'm saying? Even if an angel tells you something, if it's not in accordance with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled, until you know the Truth. Truth is the same throughout from infinity to infinity.

I don't comment on anyone. I only comment on methods. I have read the English version of *A Course in Miracles*. I can be 100% sure it is a false Dharma.

Times Everything Connected 2020-10-16 15:51:02

@Wind? What is truth?

Wind 2020-10-16 15:51:53

We are **infinite existence**.

Times Everything Connected 2020-10-16 15:52:29

This sentence is truth.

Wind 2020-10-16 15:53:08

Yes, truth can only be experienced. Cannot be conveyed through words.

ZOEY 2020-10-16 15:54:25

@Wind What do you think of Bashar's channeling?

Wind 2020-10-16 15:54:33

False.

A Zheng's Daughter: Demon Queen 2020-10-16 15:54:54

@Wind? What is "*Interstellar Home*" about?

Wind 2020-10-16 15:55:07

Never heard of it.

One hundred non-awakened people cannot piece together one awakened insight with their hundred **minds**.

Miracle 2020-10-16 15:58:31

But I have one question to ask Wind. For example, after **releasing** with the **Release Method**, will one's profession adjust?

Wind 2020-10-16 15:58:43

Release leads to freedom. After achieving freedom, you can engage in any profession you **want**. Because freedom means freedom. *Freedom means freedom*.

===== Page 108 =====

2020-10-16 15:59:21

For example, I plan to engage in insurance. But I hesitate. Insurance talks about risks and such. Would it conflict? My brain can't figure it out.

Wind 2020-10-16 15:59:43

It doesn't matter. Release **wanting control**.

Miracle 2020-10-16 16:00:18

I worry that insurance focuses on many fearful things, and the **mind** wouldn't be free. This is my **stuck** point.

Wind 2020-10-16 16:01:03

All thoughts are limiting thoughts.
They are all driven by feelings.
And all feelings are **wanting control** and **wanting approval**.
Including this thought of yours.

Miracle 2020-10-16 16:02:07

I'm not free yet. I bought insurance based on fear, thinking it's reliable, so I wanted to do it.
This is also limitation, right?

Wind 2020-10-16 16:02:16

Yes.
But once you see the limitation, you can release your basic **wants** without entangling in these thoughts.
You can completely live without working.
You work to live; Lester Levenson calls this *slave consciousness*. You think you'll die if you don't work.

Wind 2020-10-16 16:11:53

Having been in contact with the "*world*" for two days, my state has noticeably declined.
Just now I felt a bit tired.
I'm going to continue **releasing**.
Can't regress again.
Good luck, everyone [Rose][Rose][Rose]
Encourage each other.

Miracle 2020-10-16 16:13:05

Teacher, wait a moment.
Guide me on how to ask this.
Just start the process.
Release fear directly?

Wind 2020-10-16 16:13:52

Think of your financial situation. What is your first feeling?

Wanting control or **wanting approval**?

===== Page 109 =====

Release the **wanting control** and **wanting approval** towards the goal. If **wanting safety** surfaces, release that too.

Yi Xuan 2020-10-16 16:16:15

@Wind? What would you be like if you were free?

Wind 2020-10-16 16:16:48

I don't know about being free either.
I'm going to **release**.

2020-10-16 (New) Wind summarizes the process for releasing desires, answers some questions, and leads the group in releasing.

I 2020-10-16 13:11:12

@Wind? Come to this group and guide the newcomers. It's all beginners here [Chuckle].

Wind 2020-10-16 13:15:05

Keep the **Six Steps** nearby.
All the knowledge needed for the **Release Method** is in there.

D 2020-10-16 13:17:21

@Wind? Why do I feel that when I **want** to sleep, it's **wanting** to identify with sleep, rather than **wanting control**? After **releasing** this, I'm not sleepy immediately.

Wind 2020-10-16 13:18:08

That works too. Perceiving the **desire** is a very personal thing.

Wind 2020-10-16 13:18:44

You don't need others to tell you which **desire** it is. When I guide, I just ask you which one it is. You think it's whichever, it is.

Luo Wanyu 2020-10-16 13:32:24

Do different emotions use different **release** methods?

Wind 2020-10-16 13:33:20

No need. The same process applies. Have you experienced the feeling of **release**?

Yan 2020-10-16 13:43:51

@Wind? Yesterday, following your advice, I released **wanting to change**, released the *fear of death*. Encountered another problem. During **release**, a thought popped up: *I only have ten years left to live. After ten years, I'll be dead*. Can I allow this thought? I haven't been allowing it, and it feels very uncomfortable. My mother has been sickly since childhood and passed away at that age. I'm afraid of being like her. How to get rid of this family destiny? Is **releasing** the *fear of death* very difficult?

Thank you.

===== Page 110 =====

Wind 2020-10-16 13:47:19

Do you **want to control** that situation?

Yan 2020-10-16 13:48:22

I can't stand it. It'll be over in ten years. I **want to control**. **Want** to live longer. Even thinking, maybe I should cherish time from now on because I only have ten years left.

Wind 2020-10-16 13:52:22

Can you be *aware* of that **wanting control**? Do you **want** to be *aware* of the feeling?

Yan 2020-10-16 13:52:43

Can feel it.

Wind 2020-10-16 13:52:50

Yes, has it left?

Yan 2020-10-16 13:53:02

Hasn't left, still there.

Wind 2020-10-16 13:53:22

Do you still **want to control** that situation?

Yan 2020-10-16 13:53:45

Yes, still **want control**. **Want** longevity.

Wind 2020-10-16 13:53:58

Allow yourself to be *aware* of this **wanting control**.

Yan 2020-10-16 13:54:22

Yes, I see it.

Wind 2020-10-16 13:54:24

See if it has left?

Yan 2020-10-16 13:54:45

No, how to let it leave? Use the canister?

Wind 2020-10-16 13:56:39

Not needed. If it hasn't left, do you **want** it to leave?

Yan 2020-10-16 13:57:09

Want to.

Wind 2020-10-16 13:57:19

Can you be *aware* of this *wanting*?

Yan 2020-10-16 13:57:26

Yes.

Wind 2020-10-16 13:57:55

Yes, be *aware* of it.

Wind 2020-10-16 13:58:03

Has it left?

===== Page 111 =====

Will you still not **release** emotions? If you still don't know how, you can start by **releasing** emotions. Or you can directly try **releasing desires** following my guidance. The experience of **releasing** may be beyond your imagination. So try not to overthink it. Just try to do it.

Happy Cat 2020-10-16 13:55:10

Teacher Wind, when you **release**, you **release desires**, not feelings. Can I understand it that way?

Wind 2020-10-16 13:55:31

Yes, in the **original course**, **releasing** feelings is the first two days.

The last two days are **releasing desires**.

The process is even simpler.

Because **desires** are the cause of emotions.

So when one basic **desire** is released, thousands of emotions subsequently dissipate.

Luo Wanyu 2020-10-16 13:57:12

I can't perceive emotions. What to do?

Wind 2020-10-16 13:59:59

Just now, you couldn't feel emotions?

Luo Wanyu 2020-10-16 14:00:11

Yes.

Wind 2020-10-16 14:00:24

You can't feel emotions, but you **want** to feel them, right?

Luo Wanyu 2020-10-16 14:00:43

Yes.

Wind 2020-10-16 14:00:51

This is **wanting control**.

You are trying to **change** your current feeling.

Can you be *aware* of this **wanting control**?

Being *aware* means feeling it.

Yan 2020-10-16 14:02:02

Is just being *aware* enough?

Wind 2020-10-16 14:02:18

No.

Yan 2020-10-16 14:03:22

Do I need to ask the **three questions**, release **wanting to control** the body, **wanting to live longer**?

Wind 2020-10-16 14:03:40

No.

===== Page 112 =====

Luo Wanyu 2020-10-16 14:01:26

I can feel it.

Wind 2020-10-16 14:01:41

Yes, relax, just be *aware* of it. Allow yourself to be more *aware* of it. Has it left?

Luo Wanyu 2020-10-16 14:02:34

Yes, it seems to have left.

Wind 2020-10-16 14:02:50

There's still remaining **wanting control**, right?

Luo Wanyu 2020-10-16 14:03:02

Yes, there is.

Wind 2020-10-16 14:03:16

Be *aware* of it. Has it left?

Wind 2020-10-16 14:03:44

The process is very simple. You **want to control** that situation. You release that **wanting control**. Then allow more **wanting control** to be perceived. Then let it leave. Then allow more **wanting control** to be perceived. Let it leave. Releasing **wanting approval** is the same. However, it's possible that when **releasing wanting approval**, you might suddenly get **stuck**. This is because **wanting approval** drives the development of a **wanting control**, thus causing you to get **stuck**. So whenever you get **stuck**, you become *aware* that you are **wanting to control** this **stuck** situation. Release your **wanting control**. Your feeling of being **stuck** will turn into a feeling of smoothness. Then you can continue **releasing wanting approval**. The **Six Steps** contain everything you need to know.

Yan 2020-10-16 14:06:34

Letting it leave, is it an imagination in the **mind**? Or is there an action, like asking a question?

Wind 2020-10-16 14:06:42

The method I just guided you with is that simple process. Haven't you experienced it yet? If you haven't, let's do it again.

Yan 2020-10-16 14:07:13

Feels a bit lighter, but still don't understand.

===== Page 113 =====

Wind 2020-10-16 14:07:36

Just allow yourself to be *aware* of the current feeling. Ask yourself, is this **wanting control** or **wanting approval**? Perceive the "*wanting*" that you perceive most easily. Then ask yourself "*Has it left?*" or "*Can I let it go?*" Then look again and see if you have any remaining **wanting control** or **wanting approval**. Continue to allow yourself to be more *aware* of it.

Yan 2020-10-16 14:08:56

Then I might keep answering "*no.*"

Wind 2020-10-16 14:09:08

OK. If you feel *resistance*, *effort*, you are trying to make the process go faster. That is **wanting control**. You perceive this **wanting control** and can release it. You continue trying.

Yan 2020-10-16 14:10:10

Yes, often **want** it to go faster, using force unsuccessfully.

Wind 2020-10-16 14:10:10

Can you feel the **wanting control**?

Yan 2020-10-16 14:10:19

Yes.

Wind 2020-10-16 14:10:30

Yes, has it left?

Yan 2020-10-16 14:10:38

No. Keep asking this question until the answer is yes?

Wind 2020-10-16 14:11:10

Do you **want to control** this process, make it go faster?

Yan 2020-10-16 14:11:20

Yes.

Wind 2020-10-16 14:11:29

Can you be *aware* of this **wanting control**? Just be *aware*.

Yan 2020-10-16 14:12:06

Yes.

Wind 2020-10-16 14:12:15

Yes, has it left?

Yan 2020-10-16 14:12:26

Seems less.

Wind 2020-10-16 14:12:42

===== Page 114 =====

Less, but still there, right?

Yan 2020-10-16 14:12:48

Yes.

Wind 2020-10-16 14:12:57

Allow yourself to just be *aware* of it. Has it left?

Yan 2020-10-16 14:13:27

Yes, I **want** it to go faster.

Wind 2020-10-16 14:13:40

Yes, can you see your **wanting to control** it?

Yan 2020-10-16 14:13:44

Yes.

Wind 2020-10-16 14:14:03

Yes, has this **wanting control** been released?

Yan 2020-10-16 14:14:14

About there.

Wind 2020-10-16 14:14:25

Repeat this process until you feel free.

Yan 2020-10-16 14:14:41

Yes, I understand. I kept asking in my **mind**. Why does your guidance feel so simple and easy, compared to my **three questions**? Asking myself felt very *effortful* and uncomfortable.

Wind 2020-10-16 14:15:51

Through practice, you will learn. Relax, take it easy, practice more. If you use force, that doesn't conform to the **Sixth Step** of the **Six Steps**. You need to release **wanting control**.

This is the **Fifth Step**.

Yan 2020-10-16 14:16:36

Yes, using too much force won't work.

Wind 2020-10-16 14:16:41

The **Six Steps** contain everything you need to know.

Hong 2020-10-16 14:16:45

@Wind? For example, I have a severe headache. **Wanting** it not to hurt is **wanting control**.

No matter how many times I **release**, the headache is still there, still **wanting** it not to hurt.

This **wanting control** can't be released.

Wind 2020-10-16 14:17:03

Do you need to **control** this headache situation now?

Hong 2020-10-16 14:17:14

Yes.

Wind 2020-10-16 14:17:25

===== Page 115 =====

Can you see this **wanting control**?

Hong 2020-10-16 14:17:37

Yes.

Wind 2020-10-16 14:17:52

Allow yourself to be more *aware* of it.

Hong 2020-10-16 14:18:12

Yes.

Wind 2020-10-16 14:18:29

Has it left?

Hong 2020-10-16 14:18:39

No.

Wind 2020-10-16 14:18:53

Do you **want to control** this **release** process?

Hong 2020-10-16 14:19:06

Yes.

Wind 2020-10-16 14:19:17

Yes, can you be *aware* of this **wanting control**?

Hong 2020-10-16 14:19:27

Yes.

Wind 2020-10-16 14:19:39

Yes, see if it has left?

Hong 2020-10-16 14:20:34

The **wanting to control** the **release** process has lessened a bit.

Wind 2020-10-16 14:20:57

Yes, there's still some, right?

Hong 2020-10-16 14:21:07

Yes.

Wind 2020-10-16 14:21:18

Allow yourself to be *aware* of it.

Wind 2020-10-16 14:21:34

Has it left?

Hong 2020-10-16 14:21:43

Still there.

Wind 2020-10-16 14:22:01

Allow yourself to be *aware* of it at this moment.

Stay more *aware* of it.

See if it has left?

Hong 2020-10-16 14:22:52

Still there [facepalm].

Wind 2020-10-16 14:23:05

Are you **stuck**?

Hong 2020-10-16 14:23:20

Yes.

===== Page 116 =====

Wind 2020-10-16 14:23:26

Do you **want to change** this **stuck** feeling?

Hong 2020-10-16 14:23:34

Yes.

Wind 2020-10-16 14:23:42

Can you just be *aware* of this **wanting to change**?

Hong 2020-10-16 14:23:52

Yes.

Wind 2020-10-16 14:24:25

Has this **wanting to change** left? Just this **wanting to change**.

Hong 2020-10-16 14:24:59

No.

Wind 2020-10-16 14:25:19

Can you be *aware* of this **wanting to change**? Allow yourself to be *aware* of this **wanting to change**.

Hong 2020-10-16 14:25:33

Yes.

Wind 2020-10-16 14:25:57

Yes, just be easily *aware* of it.

Wind 2020-10-16 14:26:01

Has it left?

Hong 2020-10-16 14:26:56

Still there.

Wind 2020-10-16 14:27:09

Do you **want to control** this **release** process? It's okay, keep doing it. Do you **want to control** this **release** process?

Hong 2020-10-16 14:27:29

Yes.

Wind 2020-10-16 14:27:52

Can you be *aware* of this **wanting control**?

Hong 2020-10-16 14:28:01

Yes.

Wind 2020-10-16 14:28:12

Has it left?

Hong 2020-10-16 14:29:14

Doesn't seem like it. If it left, would that mean just letting the **release** be **stuck**?

Wind 2020-10-16 14:31:54

Do you **want** to continue? I can continue to guide you through the experience.

Hong 2020-10-16 14:33:20

@Wind? Thank you [Rose]. I'll continue with this process myself. Sorry to trouble you.

===== Page 117 =====

2020-10-16 14:33:47

It's okay. The main thing is to guide you to experience the process. Once you experience it, you'll know what it's about.

Hong 2020-10-16 14:34:22

[Strong], the more expectation, the easier to get **stuck**.

Wind 2020-10-16 14:34:23

Try it yourself. It's okay. Relax, let yourself easily follow the process. ***Keep it simple.***

Hong 2020-10-16 14:34:51

Okay, thank you [Rose]. Expecting **release** effect is again **wanting control**.

Yan 2020-10-16 14:27:57

Is it problematic if during **release** I have headaches, vomiting, strong physical reactions?
Actual **release** is very easy?

Wind 2020-10-16 14:28:28

Sometimes it happens, most of the time it's easy.

Yan 2020-10-16 14:29:50

Also, must I put both hands on my chest and abdomen when **releasing**? To feel the reactions in the chest and abdomen?

Wind 2020-10-16 14:31:27

No, when it leaves, it becomes smooth.

Yan 2020-10-16 14:36:50

Wind, I **want** to worship you as my teacher [Grin].

Wind 2020-10-16 14:37:17

The **Six Steps** are the teacher. This is a self-growth process.

Yan 2020-10-16 14:38:49

You guide very well.

a man 2020-10-16 14:38:58

Everyone, regarding the **First Step** of the **Six Steps**, "*wanting freedom greater than wanting approval and control.*" This "*wanting*" is lust. Is it the **desire for control**? Does it need to be released?

Wind 2020-10-16 14:40:43

According to Lester Levenson's words in the audio, you use *wanting freedom* to eliminate *wanting the world* (**wanting**

control and **wanting approval**).

After you release these two **wants**, the *fear of death* surfaces. You release it, and the entire **mind** is eliminated.

What remains is **infinite being**.

That is freedom.

So, as long as you **want** freedom, you will make the *decision* to be free, you will **release** continuously.

And it will lead you to the final goal.

Hypnotherapist - xuxu 2020-10-16 14:42:11

===== Page 118 =====

So there's no need to release "*wanting freedom*". This is a foundation, right?

Wind 2020-10-16 14:42:37

Only need to release **wanting control** and **approval**.

If, when you think of the theme "*freedom*," what you feel is **wanting control** and **approval**, then release.

Yan Gui Lai 2020-10-16 14:42:54

May I ask, how to release nervousness when speaking in public?

Wind 2020-10-16 14:43:13

Do you **want to control** that nervous situation?

Yan Gui Lai 2020-10-16 14:43:36

I **want** to become not nervous, become calm and composed.

Wind 2020-10-16 14:43:47

Yes, now can you be *aware* of this **wanting control**?

Yan Gui Lai 2020-10-16 14:44:01

Yes.

Wind 2020-10-16 14:44:11

Allow yourself to be more *aware* of it. Has it left?

Yan Gui Lai 2020-10-16 14:44:23

Yes.

Wind 2020-10-16 14:44:36

Do you still have remaining **wanting control** over that nervous situation?

Yan Gui Lai 2020-10-16 14:44:52

Too much. This nervousness has accompanied me for decades.

Wind 2020-10-16 14:45:08

Yes, do you **want to change** it?

Yan Gui Lai 2020-10-16 14:45:11

Still there.

I've always **wanted to change** it before.

Always troubled by it, never succeeded.

Wind 2020-10-16 14:45:43

Now, can you be *aware* of that **wanting to change**?

Yan Gui Lai 2020-10-16 14:46:03

I am *aware*.

Group Member 2020-10-16 14:48:45

Wind? I feel that while **releasing control**, the emotions suppressed underneath are released almost simultaneously.

Wind 2020-10-16 14:49:48

Yes.

===== Page 119 =====

Because **wants** are the cause of feelings. Releasing a **want** once will release the thousands of emotions underneath it.

Group Member 2020-10-16 14:52:25

It seems like releasing **control** is enough. **Control** feels omnipresent. Behind seeking **approval** is also **wanting to control** people's reactions.

Wind 2020-10-16 14:52:43

Approval is the cause of **control**. If you don't get **approval**, you **want to control** others to approve of you. **Wanting to survive** is the cause of **wanting approval**.

Group Member 2020-10-16 14:53:12

So first **want approval**, then **want control**?

Wind 2020-10-16 14:53:16

You feel that if others approve of you, you are **safe**. I'll send you Lester Levenson's original words.

Lester Levenson: *Releasing **wanting approval** and **control** is also a shortcut, compared to releasing all the emotions underneath them. **Approval** and **control**. When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you release the fear of death, you still have **wanting approval** and **control**. The only reason you **want** everyone's **approval** is so that you can be **safe** and survive. If we don't get **approval**, you **want** to force them to approve, and then you can be **safe**. That is **control**. But when you release **wanting approval** and **control**, all the feelings underneath them are gone. Next, what remains is just **wanting approval** and **control**. By releasing the fear of death, you release them all. When you get there, you will very easily allow the fear of death to surface. You reach a point where it will push itself up and out. You sit there, completely watching it, and it will expel itself. Then you will laugh, and your **mind** will be shut down. What a foolish joke, playing on your Self, thinking you are limited, but you never were.*

Lester Levenson: *What was it last time? OK, the first thing we suppress is the **desire** to survive as a body, appearing as the "fear of death". How does it develop into other feelings? If I get everyone's **approval**, I am **safe**, I can survive as a body. If I cannot get their **approval**, I **want** to force them to approve, then I can be **safe** and survive—this is **control**. But, because you are so afraid to allow these feelings of fear of death to surface, you need to first deal with **wanting approval** and **wanting control**. When you release those, the "fear of death" at their base will naturally and noticeably surface for you to release.*

===== Page 120 =====

Wind 2020-10-16 14:57:29

The theory is very simple.

The practical process is also very simple.

Yet the power is huge.

Go **release** and reap all the benefits.

When guiding others to **release**, release your **wanting control** and **approval** towards them.

Then the guidance that occurs will be very effective.

In the past, Lester Levenson's **Sedona Institute** did this.

Release Method teachers would do the process before guiding students.

Wind 2020-10-16 15:02:55

Release **control** and **approval** together. Perceive whichever one and release it.

Free Life 2020-10-16 15:03:48

Oh, I see. Thank you, teacher??

Wind 2020-10-16 15:05:24

You're welcome.

JianWang 2020-10-16 15:05:22

Wind 2020-10-16 15:05:45

I'm in closed-door retreat in Shanghai's Pudong area, same as Mr. Lester Levenson, both in the bustling city [chuckle].

But these two days, a friend came over, so no retreat.

Luo Wanyu 2020-10-16 15:06:36

Wind 2020-10-16 15:07:19

You're welcome.

Free Life 2020-10-16 15:08:12

Wind 2020-10-16 15:08:41

Not necessarily.

Actually, it's all you disturbing yourself.

JianWang 2020-10-16 15:08:47

Wind 2020-10-16 15:09:00

At home.

Free Life 2020-10-16 15:10:55

Wind 2020-10-16 15:11:02

Release.

Have you learned to **release**?

===== Page 121 =====

Once you learn, use it. Once you use it, your **mind** becomes quieter. Lester Levenson said, just one **release** equals several months of meditation effect on quieting the **mind**.

One **release**.

Indeed.

I've learned many methods, practiced various types of meditation.

One **release** indeed equals several months of their effect.

Strategy 2020-10-16 15:14:28

@Wind? How to **release** specifically? Why do I feel more painful the more I **release**?

Forcefully recalling painful past events.

Wind 2020-10-16 15:14:49

Do you **want to change** that painful situation?

Strategy 2020-10-16 15:15:01

@Wind? Crying.

Wind 2020-10-16 15:17:34

Now, can you be *aware* of that **wanting to change**?

Yuan Yuan 2020-10-16 15:14:27

@Wind? May I ask how to judge if **wanting control** and **wanting approval** have left?

Wind 2020-10-16 15:15:00

Have you ever experienced the feeling of **release**?

Becoming lighter, more pleasant, accompanied by energy leaving from the chest and abdomen area.

A more pleasant feeling wells up.

Yuan Yuan 2020-10-16 15:15:44

@Wind? I have experienced **releasing** emotions in the chest and abdomen.

Wind 2020-10-16 15:15:51

Yes.

Releasing desires is an even deeper experience.

So when a **desire** leaves, you will noticeably feel lighter, more pleasant, freer.

Yuan Yuan 2020-10-16 15:16:59

@Wind? Is it that when **wanting control** and **approval** leave, the emotions in the chest and abdomen also dissipate? The heart feels very calm and light?

Wind 2020-10-16 15:17:05

Yes.

It will be deeper and more thorough.

Yuan Yuan 2020-10-16 15:19:36

===== Page 122 =====

Wind 2020-10-16 15:20:18

Yes. As soon as you recognize **wanting control** and **wanting approval**, there will be a natural *tendency* to let them go. They will leave. The many emotions they cause will also dissipate.

Yuan Yuan 2020-10-16 15:22:54

@Wind? Okay, I understand. Thank you! Also, may I ask, when you go into closed-door retreat like that, do you do nothing else but constantly observe the sensations in the chest and abdomen?

Wind 2020-10-16 15:23:52

Continuously perceive the current **wanting control** and **wanting approval**.

Repeat the process. *Follow through with the Six Steps*. Continuously **release**.

Yuan Yuan 2020-10-16 15:25:19

@Wind? Okay, thank you!

Elephant 2020-10-16 15:23:59

@Wind? How to **release** physical pain? First time in the group, don't know.

Wind 2020-10-16 15:24:23

Yes, now do you **want to change** that pain?

Elephant 2020-10-16 15:24:30

Aware of the feeling of pain in the right hand. **Want to change**.

Wind 2020-10-16 15:24:44

Can you be *aware* of your **wanting to change**?

Elephant 2020-10-16 15:24:53

Yes.

Wind 2020-10-16 15:25:07

Allow yourself to be more *aware* of this **wanting to change**. Has this **wanting to change** left?

Elephant 2020-10-16 15:25:39

Think about this **release** over and over like this?

Wind 2020-10-16 15:25:50

No. Have you not experienced **releasing** emotions?

Elephant 2020-10-16 15:26:14

Don't know. First time in the group.

Wind 2020-10-16 15:26:25

===== Page 123 [text layer] =====

117

The human feeling center is in the chest and abdomen.

You can experience emotions in the chest and abdomen.

Human emotions have nine types, from low to high.

*The feeling of **releasing** emotions is that your emotions dissipate, accompanied by lightness and pleasantness.*

Elephant 2020-10-16 15:27:03

I only feel pain in the right hand, don't think about the chest and abdomen area.

I just think repeatedly: *I am willing to let go of the **control** desire for the right hand pain.*

Just think like this repeatedly. I don't know if it's right.

Wind 2020-10-16 15:27:47

Don't think like this.

This is **suppressing** emotions.

Elephant 2020-10-16 15:28:12

So that's why I'm asking you for advice @Wind.

Wind 2020-10-16 15:28:24

Yes, can you just be *aware* of this **wanting to change**?

Just allow yourself to be *aware* of it.

Feel it.

Elephant 2020-10-16 15:28:51

I can be *aware* of the **wanting to change** heart.

Wind 2020-10-16 15:30:25

Yes, stay *aware* of it.

Zhao Yan 2020-10-16 15:29:33

@Wind? Is apathy the hardest emotion to release?

Wind 2020-10-16 15:29:44

Releasing emotions is not difficult.

Zhao Yan 2020-10-16 15:29:49

They all feel like subtle feelings.

RainForest 2020-10-16 15:30:59

Teacher Wind, may I ask, for **wanting control** (e.g., **wanting to change**), is there no need to use the **three questions**? Because generally, as soon as you perceive **wanting control**, it leaves, right?

Wind 2020-10-16 15:31:07

Yes.

Zhao Yan 2020-10-16 15:31:08

I don't feel anything about the emotions within apathy @Wind.

Elephant 2020-10-16 15:31:10

Constantly *aware*?

Wind 2020-10-16 15:31:18

Not constantly *aware*.

===== Page 124 =====

The first step is to be *aware* of your feeling, recognize whether it is **wanting control** or **wanting approval**.

Elephant 2020-10-16 15:31:43

Want control.

Wind 2020-10-16 15:31:49

The second step is to ask if it has left?

Elephant 2020-10-16 15:31:57

No.

Wind 2020-10-16 15:32:16

Yes, if it hasn't left, then see if you **want to change** it?

Then be *aware* of this **wanting to change**.

Then ask yourself "*Has it left?*"

Elephant 2020-10-16 15:35:13

So this is **release**. I understand. I'll continue practicing.

Chloe 2020-10-16 15:33:04

If it hasn't left, still especially **want** it.

Wind 2020-10-16 15:33:18

Yes, be *aware* of this *wanting*.

Allow it to surface.

Then, see if it has left?

Chloe 2020-10-16 15:33:40

Almost.

Seems able to *accept* my original self. Not having so many **wants** makes me quite peaceful.

Zhao Yan 2020-10-16 15:32:04

No need to know the emotion?

Wind 2020-10-16 15:36:48

No need to specifically know the emotion.

Wen Lan 2020-10-16 15:36:36

Wind 2020-10-16 15:36:54

No.

Once you learn to **release desires**, you only **release desires**.

Those emotions will dissipate automatically.

Because they are all driven by **wanting control** and **approval**.

Wen Lan 2020-10-16 15:38:10

Okay.

Zhao Yan 2020-10-16 15:38:39

Releasing desires, you don't feel strong emotions, right?

Or you won't get stuck in emotions, right? @Wind

Wind 2020-10-16 15:39:15

===== Page 125 =====

Not necessarily. Sometimes, strong emotions are accompanied.

Group Member

Group Member: How many years have you been learning the **Release Method**?

Wind 2020-10-16 15:48:52

Six years.

Bing Zi 2020-10-16 15:49:03

@Wind? I love you so much??

Wind 2020-10-16 15:49:22

Thank you, I love you too.

Luo Wanyu 2020-10-16 15:49:47

@Wind? I **want to control** my son not to play with his phone. How to **release**?

Wind 2020-10-16 15:51:06

Can you be *aware* of this **wanting control**?

Luo Wanyu 2020-10-16 15:51:33

Yes, there is.

Wind 2020-10-16 15:51:41

Be *aware* of more. Has it left?

Luo Wanyu 2020-10-16 15:51:56

No.

Wind 2020-10-16 15:52:55

Do you **want to control** this process?

Luo Wanyu 2020-10-16 15:53:14

Yes.

I now **want** this emotion to leave.

Wind 2020-10-16 15:55:24

Yes, is this **wanting control**? Can you just be *aware* of this **wanting control**?

Luo Wanyu 2020-10-16 15:56:07

Yes, through observing the breath, I find it disappearing little by little.

Wind 2020-10-16 15:56:20

No need to observe the breath.

Just be *aware* of this **wanting control**. Then, see if it has left?

Luo Wanyu 2020-10-16 15:56:34

Yes.

Left.

Free Life 2020-10-16 15:53:25

===== Page 126 =====

Wind 2020-10-16 15:54:00

Being *aware* is allowing the feelings in the subconscious to surface to consciousness. Yes, only when you are *aware* can you **release** it.

2020-10-18 (New) Wind explains the Six Steps.

Wind 2020-10-18 11:00:19

Your understanding is wrong. The "*purpose*" is not the problem. Not conforming to the **Six Steps** is the problem. Let me explain further. When the process says "*allow yourself to be*

aware," it does not mean you forcefully dig, but rather, in this moment, without doing anything, what are you *aware* of? No need to summon *effort*, no need to use **control**. Why doesn't the course teach "*how to be aware*"? Because "*how*" implies an *effort* of the **mind**.

Wind 2020-10-18 11:07:49

For example, you ask yourself now: do you **want control** or do you **want approval**? You can be *aware* immediately. If you cannot, then you **want** to be able to. You **want** things to go your way. That is **wanting control**. It's very simple. So, I say again, keep the **Six Steps** in mind. Keep them by your side, refer to them often. Any problem in **release** can find its answer in the **Six Steps**.

Wind 2020-10-18 11:07:49

I can explain step by step.

The **First Step** is "*You must **want freedom** more than you **want control** and **approval**.*"

Wanting control and **approval** are feelings that limit you. But sometimes we are just so foolish. We prefer limitations over freedom. Sometimes you get **stuck** simply because you are unwilling to release them. Just **want** it. When you realize that **wanting control** and **approval** limit you, you will **want** freedom more. So the **Six Steps** actually don't need explaining. They are concise, literal meanings.

The **Second Step**, *make the decision to be free. A decision is a decision.* Because you **want** freedom, you *decide* to do it.

The **Third Step** is, *all feelings come from **wanting control** and **approval**.* Every moment you have feelings. The entire world you see is **wanting control** and **approval**.

===== Page 127 =====

You are on guard 24 hours a day, preventing the *fear of death* from surfacing. The defense mechanism is **wanting control** and **approval**.

The **Fourth Step** is to *release continuously. Continuous means continuous.* You do it the first time, then you can do it the second, third, fourth... until the last time, reaching freedom.

Wind 2020-10-18 11:12:02

Lester Levenson said, "*There is no stop in the Six Step.*" There is no "*stop*" within the **Six Steps**. *Continuous means continuous.*

The **Fifth Step** is probably the one you will use the most initially, because you will often get **stuck**. But getting **stuck** is only because you **want control**. The only reason for being **stuck** is **wanting control** operating. That's it.

Wind 2020-10-18 11:14:23

Release this **wanting control** that is operating you, and the feeling of being **stuck** immediately turns into smoothness.

The **Sixth Step** is also the one we most easily overlook. Each time you **release**, you become freer. Of course, it can also be described as lighter, more pleasant, but ultimately it's

freedom. The motivation brought by these experiences will strengthen the **First Step's wanting freedom**. And Lester Levenson said, *"If you completely achieve the **First Step**, you will naturally follow through with the remaining five steps."*

Wind 2020-10-18 11:18:53

If you completely achieve the **First Step**, you have no obstacles left. **Control** is a good thing, **wanting control** is not. **Wanting = lack**. **Wanting control** is a sense of *lack* regarding **control**.

OK, the **Six Steps** are the **Six Steps**. Keep them by your side, they will greatly accelerate your **release**. I'm going to **release**. Just use the **release** process. If you are not **releasing**, use the **Six Steps** to remind yourself. If you are **releasing**, then continue **releasing continuously**.

2020-10-20 What we call dreams are more real than the material world.

Wind 2020-10-20 22:10:29

Then I reset the Agamas. I reset the Bible. I reset the Vedas. I cleared all the **karma** of the **material world**. Clearing the **material world's karma**, actually I saw that what we call dreams are more real than the **material world**. I saw that the seeds concerning it disappeared. Accompanied by the disappearance of sexual desire.

===== Page 128 =====

There is no difference between male and female. But I also know that I have retained the **karma** of the **astral body** and the **causal body**.

2020-10-20 Wind specifically guides group members to release before entering long-term retreat 1.

Wind 2020-10-18 12:16:23

I may go into a long-term retreat. So I'll summarize my current understanding of the **Six Steps**.

Star of Bethlehem 2020-10-18 12:24:08

@Wind? Good luck. Let's succeed together [hug][hug]

Wind 2020-10-18 12:25:52

Good luck [hug]

Wind 2020-10-20 10:06:00

Don't say those limited words. While **releasing**, I feel that many people in the group are deviating from the path of **release**. So during my retreat, I decided to set aside half an hour

each day to open my phone and receive messages. If someone needs my help, they can @ me during this time slot. You all choose a time.

Nothing 2020-10-20 10:11:29

@Wind? Now is okay?

Wind 2020-10-20 10:11:42

Okay. Then 10:00 to 10:30.

Hui Xuan 2020-10-20 10:12:15

@Wind? Need a red envelope? Add me on WeChat.

Wind 2020-10-20 10:12:25

No need for red envelopes. Money has no meaning to me now. Whoever has difficulty **releasing**, I'll guide them through the process. Theoretical answers are actually not very beneficial. *Limited thought*. Do you **want** to try? Who **wants** to try?

An 2020-10-20 10:16:55

@Wind? I'll go. I'm **stuck** on **control**. The more I **want** to let go, the more I **control**.

Wind 2020-10-20 10:17:18

Okay, one by one.

What is your current feeling? Is it clear?

An 2020-10-20 10:18:00

Nervous, clear. @Wind

===== Page 129 =====

Wind 2020-10-20 10:18:22

Now, do you **want control** or do you **want approval**?

An 2020-10-20 10:18:31

Control.

Wind 2020-10-20 10:18:42

Yes, are you *aware* of it?

An 2020-10-20 10:18:49

Yes.

Wind 2020-10-20 10:19:10

Has it been let go?

An 2020-10-20 10:19:40

When I think about it, it loosens a bit.

Wind 2020-10-20 10:20:00

You still **want** it to leave immediately, right?

An 2020-10-20 10:20:09

Right.

Wind 2020-10-20 10:20:27

All the *efforts* you are making now are **wanting** this process to happen immediately.

An 2020-10-20 10:20:41

Yes.

Wind 2020-10-20 10:20:41

You **want** it to leave. You are *efforting* to **control**.

An 2020-10-20 10:20:49

Yes.

Wind 2020-10-20 10:20:53

Can you notice this **wanting control**? Just be *aware* of this feeling of **wanting control**.

An 2020-10-20 10:21:10

Yes.

Wind 2020-10-20 10:21:25

Good. Allow yourself to just be *aware* of this **wanting control**. Has it left?

An 2020-10-20 10:21:49

But it is mostly generated in the brain.

Wind 2020-10-20 10:22:06

Do you **want** it to happen somewhere else?

An 2020-10-20 10:22:25

Yes.

Wind 2020-10-20 10:22:42

Can you be *aware* of this *wanting*?

An 2020-10-20 10:22:47

In other parts of the body, yes.

===== Page 130 =====

Wind 2020-10-20 10:22:58

Has it left?

An 2020-10-20 10:23:16

Left.

Wind 2020-10-20 10:23:35

Have you become lighter? Has your **wanting control** weakened?

An 2020-10-20 10:23:56

As soon as I think about the **control** desire, it comes back.

Wind 2020-10-20 10:24:15

There is still some left.

Wind 2020-10-20 10:24:31

Do you **want to change** this situation?

An 2020-10-20 10:24:39

Yes.

Wind 2020-10-20 10:25:09

Can you be *aware* of this **wanting to change**?

An 2020-10-20 10:25:47

Not really sure if it's correctly perceived.

Wind 2020-10-20 10:26:00

Do you **want** to be correct?

An 2020-10-20 10:26:16

Yes.

Wind 2020-10-20 10:26:22

See this *wanting*?

An 2020-10-20 10:26:35

See.

Wind 2020-10-20 10:26:41

Has it left?

An 2020-10-20 10:27:23

Halfway through, I suppressed it again.

Wind 2020-10-20 10:27:43

It's okay. Do you **want to control** this process to happen more smoothly?

An 2020-10-20 10:27:57

Yes.

Wind 2020-10-20 10:28:14

This **wanting control** has already been perceived by you. Can you just look at this **wanting control**? Don't worry about anything else, just this **wanting control**.

An 2020-10-20 10:28:56

Yes.

Wind 2020-10-20 10:29:04

Has it left?

An 2020-10-20 10:29:59

It rises, but still **stuck** in the stomach area.

===== Page 131 =====

Wind 2020-10-20 10:30:31

No. You haven't abandoned previous concepts about **release**. **Wanting control, wanting approval**, you don't need to pay attention to *where* it is. You don't need to operate your "*abdominal muscles*".

An 2020-10-20 10:32:11

[Facepalm] I was paying attention to that.

Wind 2020-10-20 10:32:26

No need.

Remove extra steps.

Often the problem is not doing too little, but doing too much. When I guide, it's best to abandon all concepts. Just answer based on the sentence I just guided.

When I say "*be aware of **wanting control**,*" just be *aware* of it.

An 2020-10-20 10:33:59

Answer intuitively?

Wind 2020-10-20 10:34:13

Yes. If you feel it, it's there. If you don't feel it, it's unclear. Just answer me "*unclear*." Simple, right? @An? Continue @An?

Focus on your previous question. Do you **want control** or **approval**?

An 2020-10-20 10:36:20

Control.

Wind 2020-10-20 10:36:35

Can you be *aware* of it? At this moment.

An 2020-10-20 10:36:50

Yes.

Wind 2020-10-20 10:37:02

Just be *aware* of it. Has it left?

An 2020-10-20 10:37:27

No.

Wind 2020-10-20 10:37:45

Yes, do you **want to change** it? **Change** your current feeling.

An 2020-10-20 10:37:58

Want to change.

Wind 2020-10-20 10:38:08

Have you perceived this *wanting*?

An 2020-10-20 10:38:40

===== Page 132 =====

Wind 2020-10-20 10:38:48

Allow this *wanting* to be perceived by you more. Just relax, allow yourself to perceive it. Has it been let go?

An 2020-10-20 10:39:30

Can't relax.

Wind 2020-10-20 10:40:02

Do you **want to control** this process?

An 2020-10-20 10:40:13

No, I'm gripping too tight myself. **Want** to.

Wind 2020-10-20 10:40:38

Allow this **wanting control** to be perceived by you. Are you now, using force, *effort*, to do the action of "*perceiving*"?

An 2020-10-20 10:41:02

Yes, I am *aware* of it.

Wind 2020-10-20 10:41:30

See your *effort*. This is **wanting control**.

An 2020-10-20 10:41:41

Wind 2020-10-20 10:41:47

See that you are *efforting*. Has it left?

An 2020-10-20 10:42:03

Left.

Wind 2020-10-20 10:42:18

Do you still have **wanting control**? Do you still **want to control** that situation?

An 2020-10-20 10:42:38

Not really.

Loosened.

Don't **want** to.

Wind 2020-10-20 10:42:58

Then what is your current feeling?

An 2020-10-20 10:43:33

Lighter, no feeling.

Body lighter, no other obvious feelings.

Wind 2020-10-20 10:44:15

But still don't feel very pleasant, right?

An 2020-10-20 10:44:28

Yes.

===== Page 133 =====

Wind 2020-10-20 10:44:28

This is a subtle feeling. Look at this subtle feeling. Do you **want to change** it, make it more pleasant?

An 2020-10-20 10:45:34

Didn't think about it. Only thought about it when you mentioned it [facepalm].

Wind 2020-10-20 10:45:45

Because I helped pull it out for you. Subconscious things. Can you just be *aware* of this **wanting to change**?

Bing Zi 2020-10-20 10:46:27

Is this being **stuck**? @Wind?

Wind 2020-10-20 10:46:34

Yes.

An 2020-10-20 10:46:58

Yes, I am *aware*.

Wind 2020-10-20 10:47:15

Just lightly be *aware* of it. Has it left? Verify with the **Sixth Step** of the **Six Steps**. Has the feeling **moved up**?

An 2020-10-20 10:48:05

Don't know if it left, but I already feel like laughing.

Wind 2020-10-20 10:48:25

Okay, it's okay. Look at your current feeling. Do you **want to change** it?

An 2020-10-20 10:48:54

Yes.

Wind 2020-10-20 10:49:08

Are you *aware* of this **wanting to change**?

An 2020-10-20 10:49:41

Can be *aware*.

Wind 2020-10-20 10:49:51

Yes, has it left?

An 2020-10-20 10:50:22

Not sure.

Wind 2020-10-20 10:50:39

Do you **want** to be sure?

An 2020-10-20 10:50:52

Yes.

Wind 2020-10-20 10:50:57

Is this **wanting control**? Has it left?

===== Page 134 =====

Yes, can be *aware* of **control**. **Control** left.

Wind 2020-10-20 10:51:40

Has your feeling become more pleasant?

An 2020-10-20 10:52:27

Yes, but not very clear.

Wind 2020-10-20 10:52:34

Do you **want** clarity?

An 2020-10-20 10:52:42

Yes.

Wind 2020-10-20 10:52:45

Be *aware* of this **wanting control**.

An 2020-10-20 10:52:59

Yes.

Wind 2020-10-20 10:53:02

Look, has it left?

An 2020-10-20 10:53:16

Left.

Wind 2020-10-20 10:53:28

Is there a pleasant feeling?

An 2020-10-20 10:53:38

Yes.

Wind 2020-10-20 10:53:49

Do you **want** more of this pleasant feeling?

An 2020-10-20 10:53:59

Yes.

Wind 2020-10-20 10:54:04

Be *aware* of this **wanting control**.

An 2020-10-20 10:54:17

Yes.

Wind 2020-10-20 10:54:17

Can you be *aware*?

Has it left?

An 2020-10-20 10:54:28

Yes.

Left.

Wind 2020-10-20 10:54:37

Has it become more pleasant?

An 2020-10-20 10:54:56

Yes, a bit more.

Wind 2020-10-20 10:55:08

Continue this process.

===== Page 135 =====

An 2020-10-20 10:55:31

Okay. Thank you, Wind. @Wind

Wind 2020-10-20 10:57:08

Okay, who's next? Anyone else need guidance?

Xiu Yuan 2020-10-20 10:57:20

Me.

Wind 2020-10-20 10:58:07

@Xiu Yuan? What is your current feeling?

Xiu Yuan 2020-10-20 10:58:28

@Wind? Calm, thank you.

Wind 2020-10-20 10:58:54

Yes, do you feel very, very pleasant, or is it a kind of calm with dissatisfaction?

Xiu Yuan 2020-10-20 10:59:43

@Wind? Probably a little bit unclear.

Wind 2020-10-20 10:59:59

Yes, do you **want** the feeling to become better?

Xiu Yuan 2020-10-20 11:00:50

@Wind? Feels okay, somewhat experiencing this feeling brought by encountering things.

Wind 2020-10-20 11:01:30

When I ask "*Do you **want** xxx,*" I mean what do you **want** to do now? You don't need to think, no need to look back. Just look simply at what you **want** now.

Xiu Yuan 2020-10-20 11:01:45

Calm, peaceful.

Wind 2020-10-20 11:02:24

Calm and peaceful are your current feelings.

Xiu Yuan 2020-10-20 11:02:32

Yes.

Wind 2020-10-20 11:02:35

Do you still have things you **want**?

Xiu Yuan 2020-10-20 11:02:42

Yes.

The debt situation.

Some **want** to pay it off.

Wind 2020-10-20 11:03:15

Yes, can you perceive whether this *wanting* is **wanting control** or **wanting approval**?

Xiu Yuan 2020-10-20 11:03:27

Approval.

Wind 2020-10-20 11:03:51

===== Page 136 =====

Just be *aware* of this **wanting approval**.

Xiu Yuan 2020-10-20 11:04:03

Yes.

Wind 2020-10-20 11:04:19

Has it left?

Xiu Yuan 2020-10-20 11:04:36

Left a bit.

Wind 2020-10-20 11:04:49

Is there more?

Xiu Yuan 2020-10-20 11:05:05

There are some other feelings.

Wind 2020-10-20 11:05:23

Can you be *aware* of them?

Xiu Yuan 2020-10-20 11:05:30

Yes.

Wind 2020-10-20 11:05:42

Has it left?

Xiu Yuan 2020-10-20 11:05:52

Left.

Wind 2020-10-20 11:06:08

Has it become a bit more pleasant?

Xiu Yuan 2020-10-20 11:06:20

Yes, laughing.

Wind 2020-10-20 11:06:46

Thinking back to that issue, do you have any remaining **wanting control** and **wanting approval**?

Yes, continue this process.

I'll guide two more, then I'll go continue **releasing**.
Only freedom can better help others.

Miracle 2020-10-20 11:09:43

The current situation is very resistant.
I'll go first.
I've been **stuck** for two or three days.

Wind 2020-10-20 11:10:34

@Miracle? What is your current feeling?

Miracle 2020-10-20 11:11:22

Blocked, feeling.
Very resistant towards myself.

Wind 2020-10-20 11:12:49

@Miracle? Do you **want to control** this situation?

Miracle 2020-10-20 11:13:06

Yes.
The sense of *resistance* is very strong.

===== Page 137 =====

Wind 2020-10-20 11:13:26

Can you be *aware* of this **wanting control**?

Miracle 2020-10-20 11:13:41

Yes.

Wind 2020-10-20 11:13:50

Has it left?

Miracle 2020-10-20 11:13:57

Not yet.

Wind 2020-10-20 11:14:39

When you feel your current feeling, are you *efforting*, using force to **want** to solve the current situation? Can you be *aware* of yourself using force?

Miracle 2020-10-20 11:14:51

Yes, that's it. Yes, I can.

Wind 2020-10-20 11:15:10

Yes, this is **wanting control**. Has it left?

Miracle 2020-10-20 11:15:23

Some left.

Wind 2020-10-20 11:15:44

It's less, but still there. Are you still using force?

Miracle 2020-10-20 11:15:53

Yes.

Wind 2020-10-20 11:16:07

This **wanting control**, can you let it go?

Miracle 2020-10-20 11:16:37

Can't completely let go, a bit resistant.

Wind 2020-10-20 11:17:04

Yes, are you still trying to solve this *resistant* feeling through *effort*? Are you *efforting* now?

Miracle 2020-10-20 11:17:33

Yes, I find I am constantly using force.

Wind 2020-10-20 11:17:49

This is **wanting control**.

Miracle 2020-10-20 11:17:49

But I feel I cannot influence its leaving.

Wind 2020-10-20 11:17:53

Can you be *aware* of it? Be *aware* of yourself using force.

Miracle 2020-10-20 11:18:14

I am *aware*.

Wind 2020-10-20 11:18:39

===== Page 138 =====

2020-10-20 11:19:03

I feel that underneath the *resistance* is fear. I find that I cannot face the fear, so this last little bit of *resistance* always can't be let go.

Wind 2020-10-20 11:19:30

Don't analyze.

Miracle 2020-10-20 11:19:36

Okay.

Wind 2020-10-20 11:19:42

Can you be *aware* that you **want to control** this situation?

Miracle 2020-10-20 11:19:50

Yes.

Wind 2020-10-20 11:20:15

Has it left?

Miracle 2020-10-20 11:20:33

No.

Miracle 2020-10-20 11:20:42

Left.

Wind 2020-10-20 11:20:44

Are you *efforting* to make it leave?

Miracle 2020-10-20 11:20:44

Just happened.

Wind 2020-10-20 11:20:49

Yes.

Do you have more **wanting control**?

Miracle 2020-10-20 11:21:12

Some, not much. This time I'm relaxed.

Wind 2020-10-20 11:21:24

Yes, invite them to surface. Let them go. Continue this process.

Miracle 2020-10-20 11:21:47

Yes, here they come, a bit blocked.

Wind 2020-10-20 11:22:04

Do you **want to control** this blockage? Are you using force to do so?

Miracle 2020-10-20 11:22:22

Yes, **control** comes out subconsciously.

Wind 2020-10-20 11:22:56

It's okay.

Just follow the process I just guided you through.

===== Page 139 =====

Wind 2020-10-20 11:23:17

Who needs guidance next?

Qian 2020-10-20 11:23:45

Me.

Wind 2020-10-20 11:25:12

Yes, what is your current feeling?

Qian 2020-10-20 11:25:26

No clear feeling, relatively calm.

Wind 2020-10-20 11:25:45

Do you **want** to be more pleasant?

Qian 2020-10-20 11:26:07

A bit, I always can't reach the **Sixth Step**.

Wind 2020-10-20 11:26:44

Yes, can you be *aware* of this *wanting*?

Qian 2020-10-20 11:27:10

Yes.

Wind 2020-10-20 11:27:23

Yes, be *aware* of it. Has it left?

Qian 2020-10-20 11:28:23

I feel anger.

Wind 2020-10-20 11:28:45

Do you **want control** or **approval**?

Qian 2020-10-20 11:29:05

Both, **approval** more.

Wind 2020-10-20 11:29:25

Can you be *aware* of **wanting approval**?

Qian 2020-10-20 11:29:46

Yes.

Wind 2020-10-20 11:29:58

Has it left?

Qian 2020-10-20 11:31:17

Some left.

Wind 2020-10-20 11:31:39

Yes, is there still **wanting approval**? Are you *"efforting to dig deep"*?

Qian 2020-10-20 11:32:29

Yes, a bit.

Wind 2020-10-20 11:33:24

Don't do that.

Qian 2020-10-20 11:33:29

===== Page 140 =====

Feel afraid.

Wind 2020-10-20 11:33:35

Be *aware* of what you can be *aware* of right now.

Qian 2020-10-20 11:33:41

Want to look but also don't **want** to.

Wind 2020-10-20 11:33:45

Any *effort* is **wanting control**. **Wanting control** will cause you to get **stuck**. This is a very simple principle.

Qian 2020-10-20 11:34:25

Current feeling is fear, **wanting to survive**.

Wind 2020-10-20 11:34:42

Can you be *aware* of it?

Qian 2020-10-20 11:34:53

Yes, but don't really **want** to continue.

Is continuing to **control** also **control**?

Wind 2020-10-20 11:35:39

You don't **want** to see it.

Wind 2020-10-20 11:35:45

You *resist* it.

Qian 2020-10-20 11:35:56

Yes.

Wind 2020-10-20 11:36:07

Can you notice this **wanting control**?

Qian 2020-10-20 11:36:16

Yes.

Wind 2020-10-20 11:36:27

Has it left?

Qian 2020-10-20 11:36:50

Yes.

Wind 2020-10-20 11:37:06

Do you feel more pleasant?

Qian 2020-10-20 11:37:23

text[[186, 815, 230, 827]]

I feel that I **want** to respond to you, but can't bring myself to say yes.

Wind 2020-10-20 11:38:48

Answer based on your actual feeling.

Do you **want** to become more pleasant?

===== Page 141 =====

2020-10-20 11:39:29

Yes.

Wind 2020-10-20 11:39:49

Can you just notice this *wanting*? This is **wanting control**.

2020-10-20 11:40:29

I'm a bit resistant. What my mother shows in front of me is all my own subconscious. Draw a clear line. Very much **want** to.

Wind 2020-10-20 11:42:31

@Times Everything Connected? Still there?

2020-10-20 11:43:25

Can't proceed. Switching to someone else?

Wind 2020-10-20 11:43:45

@Qian? Do you still need guidance? If so, you can continue. Also, guidance is just to let people experience the process. If you understand how to do it, you can do it yourself.

Qian 2020-10-20 11:43:58

Money issues.

Wind 2020-10-20 11:45:12

@Qian? When you think about money issues, what is your feeling?

Qian 2020-10-20 11:45:36

Wanting to survive.

Wind 2020-10-20 11:45:54

Can you let go of **wanting to survive**?
Or is it **stuck**?

Qian 2020-10-20 11:46:16

Yes, seems still **stuck**.

Wind 2020-10-20 11:46:32

Do you **want to change** this **stuckness**?

Qian 2020-10-20 11:46:45

Yes.

Wind 2020-10-20 11:47:21

Has the **wanting to change** left?

Qian 2020-10-20 11:48:01

A small voice says, why should I **change**? Isn't **wanting to survive** natural and right?

Wind 2020-10-20 11:48:17

Yes, don't worry about it.

Can you be *aware* of your **wanting to change**?

Qian 2020-10-20 11:48:45

Yes!

Wind 2020-10-20 11:48:51

===== Page 142 =====

Aware of more. Has it left?

Qian 2020-10-20 11:50:39

Leaving.

Wind 2020-10-20 11:51:02

Release doesn't need to be like this.

Release doesn't require you to *effortfully* operate.

Qian 2020-10-20 11:51:15

Right, I really can't feel light and pleasant.

Wind 2020-10-20 11:51:48

When I ask you each question, are you trying to *effortfully* operate?

Are you trying to *effortfully* perceive?

Is that it?

Qian 2020-10-20 11:52:30

Because it's a long-standing issue, I feel it's very difficult.

Heavy.

Wind 2020-10-20 11:53:36

I really have to stop for today. Can we continue tomorrow?

Qian 2020-10-20 11:53:52

Yes, you've worked hard.

Wind 2020-10-20 11:54:05

If you don't continue **releasing**, you'll be pulled back by the world. After freedom, I can help people better.

Guidance of Wisdom 2020-10-20 12:18:38

@Wind? When using the **Release Method** guidance phrases oneself, is the first person *"I"* or *"you"*? Because I see that the **original release** process copies the video subtitles, and that was Hale Dwoskin guiding others.

Wind 2020-10-20 12:19:06

Just remove the person. In the context of *"could you,"* it's can you be *aware*, can you let it go. That works.

Guidance of Wisdom 2020-10-20 12:20:00

What about the process for **releasing desires**?

What I guided above is that.

2020-10-21 Wind specifically guides group members to release before entering long-term retreat 2.

Times Everything Connected 2020-10-21 10:01:07

Teacher Wind is here, it's 10 o'clock.

Wind 2020-10-21 10:02:48

===== Page 143 =====

Can you feel your current feeling?

Times Everything Connected 2020-10-21 10:04:43

Calm.

Now.

Wind 2020-10-21 10:05:20

Do you have anything you **want to control** or **want approval** for?

Times Everything Connected 2020-10-21 10:05:47

Want teacher's guidance.
Let myself **release** faster.

Wind 2020-10-21 10:06:07

Is this **wanting control** or **wanting approval**?

Times Everything Connected 2020-10-21 10:06:18

Both, probably.

Wind 2020-10-21 10:06:39

Which one can you be more *aware* of?

Times Everything Connected 2020-10-21 10:06:48

Control.

Wind 2020-10-21 10:07:12

Allow yourself to be *aware* of it.
Can you let it go?

Times Everything Connected 2020-10-21 10:07:29

Not very clear, this **control**.

Wind 2020-10-21 10:07:46

Do you **want** it to be clear?

Times Everything Connected 2020-10-21 10:07:50

Okay.

Times Everything Connected 2020-10-21 10:07:53

Yes.

Wind 2020-10-21 10:08:05

Can you be *aware* of this *wanting*?

Times Everything Connected 2020-10-21 10:08:14

Yes.

Wind 2020-10-21 10:08:20

Has it left?

Times Everything Connected 2020-10-21 10:08:33

No.

Wind 2020-10-21 10:08:46

Do you **want** it to leave quickly?

Times Everything Connected 2020-10-21 10:09:00

A little.

Wind 2020-10-21 10:09:12

===== Page 144 =====

Can you be *aware* of this **wanting control**?

Times Everything Connected 2020-10-21 10:09:32

Not clear.

Wind 2020-10-21 10:09:58

Are you *efforting* to see clearly?

Times Everything Connected 2020-10-21 10:10:07

Yes.

Wind 2020-10-21 10:10:15

Be *aware* of this **wanting control**.

Has it left?

Times Everything Connected 2020-10-21 10:10:43

Yes.

Not sure if it left.

Wind 2020-10-21 10:11:25

Do you still **want control** or **want approval**?

Times Everything Connected 2020-10-21 10:11:45

Yes.

Wind 2020-10-21 10:11:57

Which one can you be more *aware* of?

Times Everything Connected 2020-10-21 10:12:06

Wind 2020-10-21 10:12:25

Has it left?

Times Everything Connected 2020-10-21 10:13:04

Left a bit.

Wind 2020-10-21 10:13:25

Are you trying to **control** your feelings?

Do you **want** your **release** to go faster?

Times Everything Connected 2020-10-21 10:13:48

Maybe.

Wind 2020-10-21 10:14:15

Don't worry about anything else, just pay attention to your **wanting control**.

Has it left?

Times Everything Connected 2020-10-21 10:15:04

Not completely.

Wind 2020-10-21 10:15:31

Can you allow the remaining **wanting control** to leave?

Times Everything Connected 2020-10-21 10:15:39

Yes.

Wind 2020-10-21 10:16:25

Has it left?

Has it become more pleasant?

Times Everything Connected 2020-10-21 10:16:43

===== Page 145 =====

Wind 2020-10-21 10:17:38

Do you **want to change** your current feeling to make it more pleasant?

Times Everything Connected 2020-10-21 10:17:52

Yes.

Wind 2020-10-21 10:18:17

Can you be *aware* of this **wanting to change**?

Times Everything Connected 2020-10-21 10:18:26

Yes.

Wind 2020-10-21 10:18:35

Has it left?

Times Everything Connected 2020-10-21 10:18:54

Left.

Wind 2020-10-21 10:19:13

Has it become more pleasant?

Times Everything Connected 2020-10-21 10:19:34

Yes.

Wind 2020-10-21 10:20:13

Do you still **want** more pleasantness, or do you **want** to maintain the current feeling?

Times Everything Connected 2020-10-21 10:20:26

More pleasant.

Wind 2020-10-21 10:20:59

Can you notice the **wanting to change** regarding the current feeling?

Times Everything Connected 2020-10-21 10:21:24

Not clear.

Wind 2020-10-21 10:21:52

Do you **want** clarity?

Times Everything Connected 2020-10-21 10:22:18

Want to.

Wind 2020-10-21 10:22:45

Has this **wanting control** left?

Times Everything Connected 2020-10-21 10:23:05

Left.

Wind 2020-10-21 10:23:32

Has the current feeling become clearer?

Times Everything Connected 2020-10-21 10:23:44

Yes.

Wind 2020-10-21 10:23:48

Is it **wanting control** or **wanting approval**?

Times Everything Connected 2020-10-21 10:24:05

Control.

Wind 2020-10-21 10:24:17

Yes, be *aware* of it. Has it left?

===== Page 146 =====

Times Everything Connected 2020-10-21 10:24:28

Yes.

Wind 2020-10-21 10:25:05

Can you still feel the remaining **wanting control**?

Times Everything Connected 2020-10-21 10:25:21

Still there.

Wind 2020-10-21 10:25:39

Allow yourself to be *aware*.

Times Everything Connected 2020-10-21 10:25:45

Yes.

Wind 2020-10-21 10:25:55

Has it left?

Times Everything Connected 2020-10-21 10:26:08

Left.

Wind 2020-10-21 10:26:23

Has your feeling become more pleasant?

Times Everything Connected 2020-10-21 10:26:34

Aware of fear of taking too long. Pleasant.

Wind 2020-10-21 10:26:55

Look at the current feeling. Is it **wanting control** or **wanting approval**?

Times Everything Connected 2020-10-21 10:27:10

Approval.

Wind 2020-10-21 10:27:32

Has it left?

Times Everything Connected 2020-10-21 10:27:42

Don't know.

Wind 2020-10-21 10:28:11

Do you **want** to figure it out?

Times Everything Connected 2020-10-21 10:28:27

Didn't think about it. A bit.

Wind 2020-10-21 10:28:50

It's okay. Do you **want to control** this process, **wanting** the feeling to leave quickly?

Times Everything Connected 2020-10-21 10:29:04

Yes.

Wind 2020-10-21 10:29:17

Be *aware* of this **wanting control**.

Times Everything Connected 2020-10-21 10:29:27

Yes.

Wind 2020-10-21 10:29:31

Has it left?

Times Everything Connected 2020-10-21 10:29:40

===== Page 147 =====

Wind 2020-10-21 10:29:51

Okay, continue this process.

Times Everything Connected 2020-10-21 10:29:59

Thank you, teacher. I'm **releasing**.

Sophie 2020-10-21 10:31:51

@Wind? Teacher Wind, I just followed along and realized I am very afraid of losing **control** after letting go. Worried.

Wind 2020-10-21 10:32:09

Can you feel it?

Sophie 2020-10-21 10:32:14

Yes.

Wind 2020-10-21 10:32:27

Wanting control or **approval**?

Sophie 2020-10-21 10:32:43

Wanting approval.

Wind 2020-10-21 10:32:59

Allow yourself to be *aware* of it. Has it left?

Sophie 2020-10-21 10:33:17

Left a part.

Wind 2020-10-21 10:33:31

Can you still be *aware* of **wanting approval**?

Sophie 2020-10-21 10:34:19

Can't. A bit wooden, empty.

Wind 2020-10-21 10:34:50

Do you **want to change** your current feeling?

Sophie 2020-10-21 10:35:00

Want to.

Wind 2020-10-21 10:35:19

Can you be *aware* of this *wanting*? Just this *wanting*.

Sophie 2020-10-21 10:35:38

Yes.

Wind 2020-10-21 10:35:56

Yes, be *aware* of it. Has it left?

Sophie 2020-10-21 10:36:23

Left.

===== Page 148 =====

Wind 2020-10-21 10:36:38

Has your feeling become clearer?

Sophie 2020-10-21 10:37:29

No, a bit drowsy. Something blocked from chest to throat, heart beating faster.

Wind 2020-10-21 10:37:50

Do you **want** it to become clear?

Sophie 2020-10-21 10:38:24

Want to sink into a familiar feeling.

Wind 2020-10-21 10:38:51

Yes, do you **want** to do something with the feeling?

Do you **want to control** it?

Sophie 2020-10-21 10:39:26

Want to do nothing, feel it. **Want** to know what's behind it.

Wind 2020-10-21 10:39:54

Wanting to know.

Sophie 2020-10-21 10:39:59

Yes.

Wind 2020-10-21 10:40:01

Can you be *aware* of this **wanting to figure out**?

Sophie 2020-10-21 10:40:08

Yes.

Wind 2020-10-21 10:40:25

Has it left?

Sophie 2020-10-21 10:40:38

Left.

Wind 2020-10-21 10:41:01

Has your feeling become clearer?

Sophie 2020-10-21 10:41:33

A bit drowsy.
Affecting the right side of the body.

Wind 2020-10-21 10:41:47

Do you **want to change** it?

Sophie 2020-10-21 10:42:03

No, it's very familiar.

Wind 2020-10-21 10:42:04

Don't focus on the bodily sensations.
Just pay attention to your *wanting*.

Sophie 2020-10-21 10:42:12

Yes.
Also **want** to become clear.

===== Page 149 =====

Wind 2020-10-21 10:42:37

Can you be *aware* of this **wanting to become clear**?

Sophie 2020-10-21 10:42:43

Yes.

Wind 2020-10-21 10:42:52

Has it left?

Sophie 2020-10-21 10:43:26

No.

Wind 2020-10-21 10:43:59

Notice if you are trying to *effortfully* perceive.

Sophie 2020-10-21 10:44:14

Yes.

Wind 2020-10-21 10:44:14

Are you trying to *effortfully* **control** this process?

Sophie 2020-10-21 10:44:23

Yes.

Wind 2020-10-21 10:44:36

Can you notice this?

Sophie 2020-10-21 10:44:45

Yes.

Wind 2020-10-21 10:45:06

Be *aware* of this **wanting control**.
Has it left?

Sophie 2020-10-21 10:45:29

Left.

Wind 2020-10-21 10:45:53

Has the current feeling become clearer?

Sophie 2020-10-21 10:46:01

Yes.

Wind 2020-10-21 10:46:11

Is it **wanting control** or **wanting approval**?

Sophie 2020-10-21 10:46:25

Wanting control.

Wind 2020-10-21 10:46:42

Allow yourself to be *aware*.
Has it left?

Sophie 2020-10-21 10:47:07

No.
There's a worry about it leaving.
It seems to be protecting me.

Wind 2020-10-21 10:47:30

===== Page 150 =====

Yes, do you **want** to maintain it? Can you notice this **wanting control**?

Sophie 2020-10-21 10:47:45

Yes, **want** to. Yes.

Wind 2020-10-21 10:48:15

Has it left?

Sophie 2020-10-21 10:48:40

Left a part.

Wind 2020-10-21 10:48:54

Can you be *aware* of the remaining part?

Sophie 2020-10-21 10:49:01

Yes.

Wind 2020-10-21 10:49:29

Has it left?

Sophie 2020-10-21 10:49:41

No.
I perceive that I have a **want** for them to leave.

Wind 2020-10-21 10:50:03

Yes.

Has this *wanting* left?

Sophie 2020-10-21 10:50:16

Left.

Wind 2020-10-21 10:50:42

Verify with the **Sixth Step**. Has it become more pleasant?

Sophie 2020-10-21 10:51:00

No.

Feels like halfway through the process.

Wind 2020-10-21 10:52:11

Do you **want to change** your current feeling to make it more pleasant?

Sophie 2020-10-21 10:52:23

Want to.

Wind 2020-10-21 10:52:59

Has it left?

Sophie 2020-10-21 10:53:06

Left.

Became clear.

Wind 2020-10-21 10:53:24

Has it become more pleasant?

Sophie 2020-10-21 10:53:31

Yes.

Wind 2020-10-21 10:53:51

Do you **want** to become even better, or do you **want** to maintain this pleasant feeling?

===== Page 151 =====

Sophie 2020-10-21 10:54:04

Want to become better.

Wind 2020-10-21 10:54:22

Can you let it go?

Sophie 2020-10-21 10:54:29

Yes.

Wind 2020-10-21 10:55:00

Has it left?

Sophie 2020-10-21 10:55:09

Left.

Wind 2020-10-21 10:55:32

Has it become more pleasant?

Sophie 2020-10-21 10:55:40

Yes.

Wind 2020-10-21 10:55:48

Okay, repeat this process. Continue ***moving up***.

Sophie 2020-10-21 10:56:20

Yes, thank you Teacher Wind. Feeling lighter.

Hui Zhi Lan Xin 2020-10-21 10:56:57

I have *resistance* to part of my work. I often get **stuck** when **releasing** on my own.

Wind 2020-10-21 10:59:22

Yes.

Can you feel this *resistance*?

Hui Zhi Lan Xin 2020-10-21 10:59:44

Yes.

Wind 2020-10-21 11:00:05

Wanting control or **wanting approval**?

Hui Zhi Lan Xin 2020-10-21 11:00:35

Both.

Wind 2020-10-21 11:00:52

Which one can you be more *aware* of?

Hui Zhi Lan Xin 2020-10-21 11:01:18

Control.

Wind 2020-10-21 11:01:45

Can you let it go?

Hui Zhi Lan Xin 2020-10-21 11:01:59

Yes.

Wind 2020-10-21 11:02:11

Yes, has it left?

===== Page 152 =====

Part left, another wave pops up.

Wind 2020-10-21 11:03:38

Yes, do you **want to control** them?

Hui Zhi Lan Xin 2020-10-21 11:04:34

Without the prompt just now, there was a **want**.

Wind 2020-10-21 11:05:24

Has it left?

Hui Zhi Lan Xin 2020-10-21 11:06:02

Now continuously leaving. Throat area feels bloated. Is this **stuck**? Or normal?

Hui Zhi Lan Xin 2020-10-21 11:15:19

@Wind? Teacher.

Bing Zi 2020-10-21 11:16:18

Teacher Wind is giving a lecture in the study group.

Wind 2020-10-21 11:19:08

@Hui Zhi Lan Xin? Sorry, wait a moment. I'll come back to guide you after I finish explaining this important issue.

Hui Zhi Lan Xin 2020-10-21 11:19:43

?? Okay.

Wind 2020-10-21 11:22:46

The bloated feeling in the throat is a bodily sensation.

Hui Zhi Lan Xin 2020-10-21 11:23:48

Yes, the throat has sensations intermittently.

Wind 2020-10-21 11:23:53

Note one point: "**stuck**" in the **Release Method** means your **release** is **stuck**. That is, your *feeling* is **stuck** there. Your emotions, feelings are **stuck** there and cannot flow.

Hui Zhi Lan Xin 2020-10-21 11:25:08

I understand. This doesn't belong to emotional **stuckness**, it's a physical sensation.

Wind 2020-10-21 11:25:34

And when your throat is bloated, you should notice that you **want to change** it. When you release the **wanting to change**, you will feel it become unobstructed.

Hui Zhi Lan Xin 2020-10-21 11:26:18

Right, now I perceive there is **control**. Perceiving **change**, it does become unobstructed.

Wind 2020-10-21 11:29:18

Sorry, I must stop guiding here for today. I can continue guiding you tomorrow.

===== Page 153 =====

Or you can try the process yourself. Good luck. An **infinite existence** doesn't need others' help.

2020-10-21 (New) Guiding the release of fear.

Wind 2020-10-21 17:10:05

You can focus on one thing you **want** to improve.

Wind 2020-10-21 17:10:32

Can you feel your current feeling?

Chen Xi 2020-10-21 17:10:44

Yes.

Wind 2020-10-21 17:11:04

Is it **wanting control** or **wanting approval**?

Chen Xi 2020-10-21 17:11:17

Control.

Wind 2020-10-21 17:11:34

Can you become more *aware* of it?

Chen Xi 2020-10-21 17:11:50

Dare not. Various sensations in the body, jaw also clenches.

Wind 2020-10-21 17:13:02

Are you *efforting* to *resist* something?

Chen Xi 2020-10-21 17:13:26

Sadness, anger.

Ai Mo 2020-10-21 17:13:36

I feel a threat around.

Wind 2020-10-21 17:13:44

Can you notice that you are *efforting* to *resist*?

Chen Xi 2020-10-21 17:13:56

Yes.

Wind 2020-10-21 17:14:43

Is this *resistance* **wanting control** or **wanting approval**?

Chen Xi 2020-10-21 17:15:02

Both.

Wind 2020-10-21 17:15:24

Which one can you be more *aware* of?

Chen Xi 2020-10-21 17:15:39

Control.

Wind 2020-10-21 17:16:07

Can you let it go?

Chen Xi 2020-10-21 17:16:26

No.

===== Page 154 =====

Afraid, out of **control**.

Chen Xi 2020-10-21 17:17:32

Vomited.

Wind 2020-10-21 17:17:35

Yes, can you just be *aware* of this **wanting control**?

Wind 2020-10-21 17:18:00

Are you using force, *effort*, trying to do something to your feeling?

Chen Xi 2020-10-21 17:18:36

Yes.

Wind 2020-10-21 17:18:53

Can you be *aware* of this **wanting control**?

Chen Xi 2020-10-21 17:19:05

Yes.

Wind 2020-10-21 17:19:09

Just allow yourself to see your **wanting control**.

Chen Xi 2020-10-21 17:19:26

Yes.

Wind 2020-10-21 17:19:35

Has it left?

Chen Xi 2020-10-21 17:19:49

Left 30%.

Wind 2020-10-21 17:20:12

Can you allow yourself to be *aware* of the remaining **wanting control**?

Chen Xi 2020-10-21 17:20:40

Yes.

Wind 2020-10-21 17:20:58

Has it left?

Do you **want** the feeling to become clear?

Chen Xi 2020-10-21 17:22:20

Yes.

Wind 2020-10-21 17:22:39

Be *aware* of this **wanting control**.

Just this *wanting*.

Has it left?

Chen Xi 2020-10-21 17:23:06

Felt it.

Not yet.

Wind 2020-10-21 17:23:45

Yes, has it left?

Okay, do you **want** it to leave quickly?

Chen Xi 2020-10-21 17:24:10

Confused. I **want** to be clear.
Also **want** it to leave quickly.

===== Page 155 =====

Wind 2020-10-21 17:24:26

Can you just be *aware* of this **wanting to figure out**? Allow yourself to be more *aware* of this *wanting*.

Chen Xi 2020-10-21 17:25:11

I felt it.

Wind 2020-10-21 17:25:17

Has it left?

Chen Xi 2020-10-21 17:25:43

Left.

Wind 2020-10-21 17:26:01

Has your feeling become clearer?

Chen Xi 2020-10-21 17:26:18

Wind 2020-10-21 17:26:31

Is it **wanting control** or **wanting approval**?

Chen Xi 2020-10-21 17:26:46

Approval.

Wind 2020-10-21 17:26:56

Allow yourself to be *aware* of it. Has it left?

Chen Xi 2020-10-21 17:27:21

No.

Wind 2020-10-21 17:27:36

Do you **want** it to leave quickly?

Chen Xi 2020-10-21 17:27:54

Wind 2020-10-21 17:28:03

Yes, this is **wanting control**. Can you just be *aware* of this *wanting*?

Chen Xi 2020-10-21 17:28:14

Oh.

Wind 2020-10-21 17:28:46

Has it left?

Chen Xi 2020-10-21 17:29:11

No, whole body aches.

Wind 2020-10-21 17:29:49

Do you **want to change** your current feeling?

Chen Xi 2020-10-21 17:30:06

I feel like I'm wasting your time, very anxious, **want** to end quickly.

Wind 2020-10-21 17:30:22

Yes, is this **wanting control** or **approval**? Which is more obvious?

Chen Xi 2020-10-21 17:30:38

===== Page 156 =====

Approval. Afraid you will dislike me.

Wind 2020-10-21 17:30:58

Just be *aware* of this **wanting approval**. Relax a bit.

Wind 2020-10-21 17:31:18

Has it left?

Chen Xi 2020-10-21 17:31:43

Body relaxed a bit, scalp still numb. Don't know if it left. Feel like I'm a troublesome student.

Wind 2020-10-21 17:32:29

Don't pay attention to these thoughts generated by the **mind**. What is your current feeling?

Wanting control or **wanting approval**?

Chen Xi 2020-10-21 17:32:55

Wanting control, even **want** to run away.

Wind 2020-10-21 17:33:25

It's okay, allow yourself to be *aware* of it.

Chen Xi 2020-10-21 17:33:51

Can't face myself being like this, unable to do anything right. Still **controlling**.

Wind 2020-10-21 17:34:20

Do you **want to change** yourself? Be *aware* of this obvious **wanting to change**.

Chen Xi 2020-10-21 17:34:42

Oh.

Wind 2020-10-21 17:35:31

Has it left?

Chen Xi 2020-10-21 17:35:36

Dazed.

Wind 2020-10-21 17:36:26

When you **release**, those guides are actually very simple.

Wind 2020-10-21 17:37:01

For example, when I ask you *"Is it **wanting control** or **wanting approval**?"*

Chen Xi 2020-10-21 17:37:03

@Teacher Wind, let's stop here for today. Thank you.

Question: Can mental noise be ignored?

Wind 2020-10-21 17:37:43

Yes, you can ignore it.

===== Page 157 =====

2020-10-22 Wind specifically guides group members to release before entering long-term retreat 3.

Wind 2020-10-22 10:08:45

Because my guidance starts directly from **releasing desires**, skipping the experience of **releasing emotions**, it might cause some problems for newcomers. Some newcomers can experience it. Some might mistake their habitual **suppression** for **release**. In such cases, you can start with the first lesson of **releasing emotions** to experience what **release** feels like, and then advance to **releasing desires**.

Strawberry Watermelon Cherry 2020-10-22 10:12:00

But **desires** themselves are beautiful. I'm reluctant to let them go.

Wind 2020-10-22 10:13:12

Desires are *lack*. How can they be beautiful?

Strawberry Watermelon Cherry 2020-10-22 10:13:39

I don't know how to say it. **Desires** themselves are also beautiful. To me, **desires** represent a kind of vibrant beauty.

Wind 2020-10-22 10:15:37

Desires are the cause of emotions.

Ran 2020-10-22 10:15:54

Teacher, if the body is uncomfortable, causing worry emotions, can I just **release** the worry?

Wind 2020-10-22 10:16:09

Desires are you saying "*I am limited*," creating a *lack*, and then thinking there is something that can fill it.

Wind 2020-10-22 10:16:29

When a **desire** is released, you will feel "*I am infinite and complete*." Try it and you'll know.

Ran 2020-10-22 10:16:49

Or release the body sensations?

Wind 2020-10-22 10:16:52

Yes, **release** the emotions.

Physical sensations are an expression.

You don't need to suppress them, but just need to **release** the emotions. As soon as you **release** the emotions, the uncomfortable body sensations will subsequently dissipate.

Times Everything Connected 2020-10-22 10:17:42

Teacher leading, everyone following is also very effective.

Wind 2020-10-22 10:18:44

You can try.

But don't rely on guidance.

Guidance is to teach you to **release**. You can do it yourself.

Miracle 2020-10-22 10:19:32

I am very painful right now. I need a sum of money to pay off debt. Very anxious. Teacher Wind, guide me once, please... Can you?

===== Page 158 =====

Wind 2020-10-22 10:19:37

Can you feel your current feeling?

Miracle 2020-10-22 10:19:45

Yes.

Wind 2020-10-22 10:20:14

Is it **wanting control** or **wanting approval**?

Miracle 2020-10-22 10:20:24

Control.

Wind 2020-10-22 10:20:57

Allow yourself to be *aware* of it.

Miracle 2020-10-22 10:21:04

Yes.

Wind 2020-10-22 10:21:27

Has it left?

Miracle 2020-10-22 10:21:39

No.

Wind 2020-10-22 10:22:18

Are you **stuck**?

Miracle 2020-10-22 10:22:29

Yes, **stuck**.

Wind 2020-10-22 10:22:54

Do you **want to change** this **stuck** feeling?

Miracle 2020-10-22 10:23:03

Yes.

Miracle 2020-10-22 10:23:09

I **want to change**.

Wind 2020-10-22 10:23:20

Just be *aware* of this **wanting to change**.

Miracle 2020-10-22 10:23:32

I am *aware*.

Wind 2020-10-22 10:23:54

Yes, has it left?

Miracle 2020-10-22 10:24:04

Left a bit.

Wind 2020-10-22 10:24:42

Yes, allow yourself to feel the remaining feeling.

Is it **wanting control** or **wanting approval**?

Miracle 2020-10-22 10:24:55

Yes.

Want approval.

Wind 2020-10-22 10:25:44

Allow yourself to be *aware* of **wanting approval**.

===== Page 159 =====

Miracle 2020-10-22 10:26:08

I can't help but *resist* back.

Wind 2020-10-22 10:27:01

It's okay. Isn't this **wanting control**?

Miracle 2020-10-22 10:27:14

Yes. I am very *resistant* to its appearance.

Wind 2020-10-22 10:27:42

Yes, allow yourself to be *aware* of this **wanting control**.

Miracle 2020-10-22 10:27:54

I am *aware*.

Wind 2020-10-22 10:28:32

Has it left?

Miracle 2020-10-22 10:28:48

No.

Wind 2020-10-22 10:29:03

Are you **stuck**?

Miracle 2020-10-22 10:29:26

Yes, **want to change** it.

Wind 2020-10-22 10:29:52

Yes, can you be *aware* of this **wanting to change**?

Miracle 2020-10-22 10:30:14

I am *aware*.

Wind 2020-10-22 10:30:25

Has it left?

Miracle 2020-10-22 10:30:34

Some left.

Wind 2020-10-22 10:30:51

Is there still some **stuck** feeling?

Miracle 2020-10-22 10:31:02

Yes.

Wind 2020-10-22 10:31:08

Want to change?

Miracle 2020-10-22 10:31:42

Want control.

Wind 2020-10-22 10:31:52

Allow yourself to be *aware* of **wanting control**.

Miracle 2020-10-22 10:32:33

Yes, I am *aware*.

Wind 2020-10-22 10:32:44

Has it left?

===== Page 160 =====

Miracle 2020-10-22 10:32:54

Some left.

Wind 2020-10-22 10:33:19

Yes, continue doing this.

Miracle 2020-10-22 10:33:27

Okay.

Miracle 2020-10-22 10:33:42

I want to ask, when thoughts come, don't pay attention to them, right?

I am easily carried away by them.

Wind 2020-10-22 10:34:29

Yes, don't pay attention.

Miracle 2020-10-22 10:34:57

Just be *aware* of the feeling, right?

Now I'm much looser and faster.

Just now I was *resisting* my pain, the painful feeling of **wanting** money to pay off debt.

Wind 2020-10-22 10:37:04

Yes, perceive the feeling, then perceive the **desire**. You can **release** continuously.

Qing Xi 2020-10-22 10:37:14

Sometimes I can't distinguish between **wanting approval** and **wanting control**? I subconsciously *effort* to distinguish. At such times, do I need to distinguish clearly? Can I directly **release** the "*wanting*"? @Wind

Wind 2020-10-22 10:38:24

Yes, when you find yourself *efforting* in any step, you can **release wanting control**.

Wanting to distinguish is **wanting to figure out**.

Qing Xi 2020-10-22 10:38:56

@Wind? Teacher, can you take me through a **release**? I am **releasing**, but it seems there is no feeling of the energy leaving all at once, and no feeling of emptiness.

Wind 2020-10-22 10:39:36

Can you feel your feeling now?

Qing Xi 2020-10-22 10:39:48

Yes. *Resistance*, disgust, forced, unwilling.

Wind 2020-10-22 10:40:31

Feel this *resistance* for a moment, just feel it directly.

Qing Xi 2020-10-22 10:40:44

Okay.

Wind 2020-10-22 10:40:58

Can you let it go?

===== Page 161 =====

Just yes or no.

Qing Xi 2020-10-22 10:41:12

No.

Wind 2020-10-22 10:41:24

Are you willing to let it go?

Qing Xi 2020-10-22 10:41:34

Willing.

Wind 2020-10-22 10:41:41

When?

Qing Xi 2020-10-22 10:42:00

Don't know.

Feel powerless to let go, can't let go.

Wind 2020-10-22 10:42:24

Yes, relax. Look again at your current feeling. Can you just feel this *resistance*?

Qing Xi 2020-10-22 10:42:46

Yes.

Wind 2020-10-22 10:43:05

Can you allow it to leave?

Qing Xi 2020-10-22 10:43:13

Yes.

Wind 2020-10-22 10:43:20

Willing?

Qing Xi 2020-10-22 10:43:35

But can't make it leave.

Willing.

Wind 2020-10-22 10:43:45

When?

Qing Xi 2020-10-22 10:44:07

Now.

Wind 2020-10-22 10:44:17

Has it left?

Qing Xi 2020-10-22 10:44:25

No. Hasn't moved.

Wind 2020-10-22 10:44:42

Are you **stuck**?

Qing Xi 2020-10-22 10:44:48

Yes.

Stuck.

Wind 2020-10-22 10:44:53

Do you **want to change** this **stuckness**?

Qing Xi 2020-10-22 10:45:05

===== Page 162 =====

Want to change.

Wind 2020-10-22 10:45:16

Just be *aware* of this **wanting to change**. Gently be *aware* of **wanting to change**.

Qing Xi 2020-10-22 10:45:26

Seems to be *resisting* powerlessness to **change**. Yes, a bit more relaxed.

Wind 2020-10-22 10:46:12

Has the **wanting to change** left?

Qing Xi 2020-10-22 10:46:19

Want to.

Wind 2020-10-22 10:48:48

Yes, be *aware* of **wanting to change**.

Qing Xi 2020-10-22 10:48:59

Yes.

Qing Xi 2020-10-22 10:49:46

Teacher, I perceive **wanting to change**, and also *resisting* powerlessness to **change**.

Yes, fear, **wanting to change**, but powerless to **change**, don't believe I can **change**. So I can't **change**. But is this overthinking?

Wind 2020-10-22 10:54:46

Have you experienced **releasing** emotions?

Qing Xi 2020-10-22 10:55:38

Probably never thoroughly experienced it. Sometimes **releasing** helps a bit, but I always feel I haven't **released** thoroughly enough.

Wind 2020-10-22 10:56:13

Yes, then start with **releasing emotions**.

Qing Xi 2020-10-22 10:56:23

Oh.

Wind 2020-10-22 10:56:28

If you don't have the experience of **releasing emotions** as a foundation, **releasing desires** can easily get stuck in thoughts.

Lester Levenson's course setup is still scientific.

My guidance skips **releasing emotions** directly. For some people, the effect is very good. For others, it might cause some confusion.

Qing Xi 2020-10-22 10:59:10

If I haven't thoroughly experienced emotions, can I not clearly perceive **desires** and **release** them? Is that the case?

Wind 2020-10-22 11:01:43

Sometimes it works.

Wind 2020-10-22 11:01:52

I guide newcomers directly.

The experience of **release** is very clear.

Yi Tian 2020-10-22 11:07:03

"Feeling" refers to inner feeling, not the feeling of the heart, right?

===== Page 163 =====

Wind 2020-10-22 11:07:22

It's inner feeling. When you get used to it, you don't need to specifically emphasize from which location to perceive. The 1992 first lesson mentioned this.

Yi Tian 2020-10-22 11:08:46

"*Feel with the chest and abdomen area*" and "*feel the sensations in the chest and abdomen area*" – what's the difference?

Wind 2020-10-22 11:09:31

The whole course is presented in an experiential way, not intellectual. So when you are sitting in this classroom or watching the tapes at home, please try as much as possible to *feel*, not think. Focus here (instructor places both hands on chest and abdomen area). When I ask you "*What is your current feeling?*" see if you can focus on this area to *feel*. If you don't feel anything in this area, don't worry. The whole course is designed to help you get more clearly in touch with your emotions and learn how to let them go.

Wind 2020-10-22 11:09:47

It's not about focusing on the *physical sensations* of the chest and abdomen. It's about focusing on the chest and abdomen area to *feel* your emotions.

Yi Tian 2020-10-22 11:10:15

I think, the thing that's hard to explain is exactly this point.

Wind 2020-10-22 11:10:19

Find your emotion from the chart. Then try to *feel* it from the chest and abdomen area.

Liu Mou Ren 2020-10-22 11:11:20

No need to entangle over these things, right?

Wind 2020-10-22 11:11:28

Yes, no need to entangle. Because the **Release Method** is experiential. These things cannot be understood by the **mind**. But just follow along, and you'll understand.

Yi Tian 2020-10-22 11:12:35

If you don't understand this point, going through many processes is useless.

Wind 2020-10-22 11:12:55

Not like that.

Wind 2020-10-22 11:13:07

We tend to **want** to figure something out with the **mind** first, and then experience it. Actually, many things, if you haven't experienced them, cannot be figured out through the **mind**. I can explain it clearly in theory, but it's meaningless to you. Why use the chest and abdomen to *feel*? Because emotions occur in the *feeling center*.

===== Page 164 =====

However, the important thing you need to remember is that this course is **experiential**. If someone gives you a book on how to ride a bicycle but you've never actually ridden one, I believe even if you read the book, when you ride the bicycle, you might fall over because you can't **control** your balance. Riding a bicycle is also an **experiential** thing. Just like riding a bicycle: you learn how to ride, then you get on it. When you find your balance, you really don't need to think about it anymore, you just ride it.

The same thing will happen when you use this technique. The more you do it, the more you'll grasp the key points, and **releasing** will become more and more natural. You just get on the bicycle and keep riding. So what will happen is, even if you have to do some thinking and

slightly manipulate yourself at the beginning, as you continue doing it, you'll find it becomes easier and easier.

Wind 2020-10-22 11:16:03

This bicycle analogy is also from Lester Levenson in *The Way*.

Wind 2020-10-22 11:16:25

The **Release Method** course doesn't let any preconceived theories contaminate you. It directly takes you through the process to experience **release**. Even if you make mistakes, it's okay. After a few mistakes, you'll know what's right. But if you don't personally go through the process to experience it, you can say you'll never learn it.

Liu Mou Ren 2020-10-22 11:17:49

How to **release** if **suppression** is very strong? Release the **suppression**?

Wind 2020-10-22 11:18:05

Can you notice your current feeling?

Liu Mou Ren 2020-10-22 11:18:25

No particular feeling.

Wind 2020-10-22 11:19:17

Vague, unclear feeling?

Liu Mou Ren 2020-10-22 11:20:10

Sort of.

Wind 2020-10-22 11:20:10

Do you **want to change** this vague, unclear feeling?

Liu Mou Ren 2020-10-22 11:20:26

Want to change.

Wind 2020-10-22 11:20:41

Can you be *aware* of this **wanting to change**?

Liu Mou Ren 2020-10-22 11:21:21

No.

===== Page 165 =====

Wind 2020-10-22 11:21:41

Do you **want** to be *aware* of it?

Liu Mou Ren 2020-10-22 11:21:54

Want to.

Wind 2020-10-22 11:22:06

Can you be *aware* of this *wanting*?

Liu Mou Ren 2020-10-22 11:22:27

Yes.

Wind 2020-10-22 11:22:39

Has it left?

Liu Mou Ren 2020-10-22 11:22:52

Some left.

Wind 2020-10-22 11:23:07

Has the vague feeling become clearer?

Liu Mou Ren 2020-10-22 11:23:31

Clearer.

Wind 2020-10-22 11:23:45

Yes, is it **wanting control** or **wanting approval**?

Liu Mou Ren 2020-10-22 11:24:11

Control.

Wind 2020-10-22 11:24:40

Can you be *aware*?

Liu Mou Ren 2020-10-22 11:25:04

No.

Wind 2020-10-22 11:25:15

Want to be *aware*?

Liu Mou Ren 2020-10-22 11:25:25

Want to.

Wind 2020-10-22 11:25:50

Has it left?

Liu Mou Ren 2020-10-22 11:26:08

Left.

Wind 2020-10-22 11:27:20

Has the feeling become clearer?

Liu Mou Ren 2020-10-22 11:27:40

Yes.

Wind 2020-10-22 11:28:19

So, it's simple. When you are suppressed very strongly, you feel this vague, unclear feeling.

Release the **wanting to change** regarding this vague, unclear feeling. When the **wanting to change** is released, you can feel your current feeling more clearly.

Liu Mou Ren 2020-10-22 11:28:49

Then repeat, right?

===== Page 166 =====

Wind 2020-10-22 11:28:55

Yes, this really doesn't require *effort* to feel.

Liu Mou Ren 2020-10-22 11:29:05

Thank you.

Wind 2020-10-22 11:29:09

If it's not clear, then feel the unclearness and notice your **wanting to change** the unclearness. Release it, and it will automatically become clear.

Liu Mou Ren 2020-10-22 11:29:47

Seems I need to practice more.

Wind 2020-10-22 11:30:07

Don't try to use extra techniques outside the process to handle problems encountered in the process. The **release** process itself can handle all situations.

Liu Mou Ren 2020-10-22 11:30:36

Yes.

Wind 2020-10-22 11:30:49

Including "*can't feel emotions*," including "*vague unclear*," including "***stuck***," including "*confused*." These can all be resolved after following the **release** process.

No need for any preparatory exercises. Just practice the process itself.

Liu Mou Ren 2020-10-22 11:32:18

Is there a fixed question for not feeling emotions? A process question?

Wind 2020-10-22 11:32:36

Yes.

Feel this vague, unclear feeling.

Then ask yourself "*Do I **want to change** this feeling?*"

Liu Mou Ren 2020-10-22 11:34:21

Release **wanting to change**?

Wind 2020-10-22 11:34:32

Yes.

Liu Mou Ren 2020-10-22 11:34:50

I understand, thank you.

Sui Le 2020-10-22 11:37:53

@Wind? I also have misunderstandings in my **release**, but I don't know where.

Wind 2020-10-22 11:38:16

Many people **want** to use extra techniques to handle problems with the **Release Method**.

For example, practicing *awareness*.

For example, specially practicing finding feelings.

I clearly say, no need. None of it is needed.

None of these need to be practiced.

This is making a simple thing highly complex.

===== Page 167 =====

Don't even need to find the feeling? I was just thinking about finding the feeling. When I realized I was *aware* of thoughts and ideas, but coincidentally not feeling, I made it complicated, and then the **release** was not smooth! I have a question here.

Wind 2020-10-22 11:43:33

No need to find.

Qing Xi 2020-10-22 11:43:57

@Wind? Another question: when there is no feeling, does it mean no need to **release**? How to **release** then?

Wind 2020-10-22 11:44:13

When there is no feeling, it's a "*vague, unclear feeling*."

You feel the unclearness, the blankness of the feeling.

Release the **wanting to change** regarding this feeling.

This feeling will become clear.

Then you can **release**.

Qing Feng 2020-10-22 11:45:42

@Wind? But don't you have to find the emotions? Always need to be *aware*?

Wind 2020-10-22 11:45:56

No need to find.

Awareness is not an *effort*.

For example, when I ask you, what is your current feeling?

You don't need to deliberately make an action of feeling.

If you clearly feel that you are angry or sad now, you know it immediately.

If your current feeling is unclear, you also immediately know that your feeling is vague and unclear.

But you often **want** to make the unclear feeling clear through *effort*, through **control**.

This is the essence of "*finding the feeling*."

Qing Feng 2020-10-22 11:49:08

You mean when emotions come, **release** directly, no need to deliberately find.

Qing Xi 2020-10-22 11:49:12

In fact, there is no connection with past situations, events, thoughts, analysis. No need to dig, right?

I always *effortfully* perceive, *effortfully* distinguish.

Wind 2020-10-22 11:50:04

Yes, no need to dig.

Because when you *effort* to dig, you are actually **wanting control**. You are *efforting* to suppress the current feeling, **wanting** to find a feeling you **want**.

Ji Jing 2020-10-22 11:51:16

No need to recall an event or problem?

Wind 2020-10-22 11:51:27

You can recall, or not recall.

If you have a problem you **want** to improve, you can think about that problem a little.

===== Page 168 =====

Qing Feng 2020-10-22 11:51:49

@Wind? Just **release** directly towards the emotion, right?

Wind 2020-10-22 11:51:59

Yes. Directly feel the current emotion, then do the process. You can ask anyone who has successfully **released**.

Qing Xi 2020-10-22 11:52:37

@Wind? Perceiving whether a **desire** comes from **wanting approval** or **wanting control**, isn't this also the brain distinguishing?

Wind 2020-10-22 11:52:52

No. You can perceive it. It's not you analyzing whether it's **wanting control** or **approval**. Because in fact, all your feelings are driven by **wanting survival**, **wanting approval**, and **wanting control**. If you **want** to analyze, it's all three.

Qing Xi 2020-10-22 11:53:40

Then I've always been analyzing them.

Wind 2020-10-22 11:53:43

The identification in **releasing desires** is not analysis. It's which one you are more *aware* of at this moment. The moment you are *aware*, you have a natural *tendency* to let it go.

Qing Feng 2020-10-22 11:54:18

@Wind? @Wind? When emotions don't come up, and that thought uncontrollably churns over and over in the brain, how to **release**?

Wind 2020-10-22 11:55:00

When you say "*can't control*," you are perceiving that you **want control**.

Qing Feng 2020-10-22 11:55:18

@Wind? Release **control**?

Wind 2020-10-22 11:55:20

When you find yourself using force, you are perceiving that you **want control**. Perceive the **wanting control**, allow yourself to just look at the **wanting control**. Then allow it to be released.

Qing Feng 2020-10-22 11:55:38

@Wind? So you mean release **control**, right?

Wind 2020-10-22 11:55:40

Yes.
It's very simple.
Really, don't make it complicated.

Qing Xi 2020-10-22 11:57:19

If during the **release** process you still use the brain, and thoughts and ideas come out to interfere, then you don't pay attention to them, right? @Wind

Wind 2020-10-22 11:57:20

===== Page 169 =====

Yes, don't pay attention to your brain. Because your **mind** is actually programmed.

Sui Le 2020-10-22 11:57:32

@Wind? I can't **release** even at the moment I perceive it. What to do?

Wind 2020-10-22 11:57:49

This is **stuck**.

Notice your **stuck** feeling.

Then notice your **wanting to change** the **stuck** feeling.

Then perceive the **wanting to change**.

If you don't release the **wanting to change**, it will continue to operate you.

You will continue to be **stuck**.

Ji Jing 2020-10-22 12:02:30

My **mind** is strong, *awareness* is weak [facepalm]. I can clearly know my thoughts and ideas, but I cannot perceive (feel) feelings.

Wind 2020-10-22 12:04:41

You are just used to **suppressing**.

As long as you simply use the process, this problem will be solved quickly.

Sui Le 2020-10-22 12:04:59

@Wind? Release the **stuck** feeling, that is, look at the **stuck**, feel the **stuck** feeling, then ask myself: *Do I want to change it? Can I let it go?* Like this?

Wind 2020-10-22 12:05:29

Perceive your **wanting to change**.

hai 2020-10-22 12:05:42

@Wind? When **releasing desires**, no need to connect with things and people?

Wind 2020-10-22 12:05:53

No need.

Qing Xi 2020-10-22 12:10:46

If you don't think about people and things at all, and **release** desires continuously for several hours, how is that done?

Wind 2020-10-22 12:10:56

No need to **control** not thinking.
Things will surface automatically.
But you only need to pay attention to the **desires**.

Yi Tian 2020-10-22 12:29:40

Where is the key point here?

Wind 2020-10-22 12:30:17

Why don't you try it yourself?
It's really simple. Try it and you'll get it.

===== Page 170 =====

Can you feel your feeling now?

Yi Tian 2020-10-22 12:31:37

First step, no particular feeling.

Wind 2020-10-22 12:32:00
Yes, feeling unclear, right?

Yi Tian 2020-10-22 12:32:08
Right.

Wind 2020-10-22 12:32:27
Do you **want to change** this unclearness?

Yi Tian 2020-10-22 12:32:39
No.

Wind 2020-10-22 12:32:57
Do you **want** to continue **releasing**?

Yi Tian 2020-10-22 12:33:11
Yes.

Wind 2020-10-22 12:33:25

Yes, are you *aware* of this *wanting*?

Yi Tian 2020-10-22 12:33:42

Not *aware*.

Wind 2020-10-22 12:33:54

Do you **want** to be *aware*?

Yi Tian 2020-10-22 12:34:13

Want to.

Wind 2020-10-22 12:34:32

You know you **want**, right?

Yi Tian 2020-10-22 12:34:45

Right.

Wind 2020-10-22 12:35:08

Okay, stay with this *knowing*.

Yi Tian 2020-10-22 12:35:18

Okay.

Wind 2020-10-22 12:35:18

Has this *wanting* left?

Yi Tian 2020-10-22 12:35:47

Not clear.

Wind 2020-10-22 12:36:03

Do you **want to change** this unclearness?

This unclear feeling.

Yi Tian 2020-10-22 12:36:26

No **desire to change**.

===== Page 171 =====

Wind 2020-10-22 12:36:49

Do you **want** it to become clear?

Yi Tian 2020-10-22 12:37:00

No.

Wind 2020-10-22 12:37:16

Can you be *aware* of this unclear feeling?

Yi Tian 2020-10-22 12:37:49

Yes.

Wind 2020-10-22 12:38:15

Allow yourself to be *aware* of it. Has this feeling become clearer?

Yi Tian 2020-10-22 12:38:49

Not much change.

Wind 2020-10-22 12:39:00

Do you **want to change** it?

Yi Tian 2020-10-22 12:39:32

Can't be sure, don't know if there is **wanting to change**.

Wind 2020-10-22 12:39:43

Yes, do you **want** to figure it out? **Want** to be sure?

Yi Tian 2020-10-22 12:39:57

No.

Wind 2020-10-22 12:40:17

Can you be *aware* of this unsure feeling?

Yi Tian 2020-10-22 12:41:01

A thought arises: *going around in circles like this...*

Wind 2020-10-22 12:41:18

Yes, do you **want to control** this process?

Yi Tian 2020-10-22 12:41:30

No.

Wind 2020-10-22 12:41:51

What do you **want** to do with this feeling?

Yi Tian 2020-10-22 12:42:05

The sound of silence appears in my ears. I don't **want** to do anything with the feeling.

Wind 2020-10-22 12:42:40

Think of something you **want to change** or improve. Can you recall it?

Yi Tian 2020-10-22 12:42:58

Yes.

Wind 2020-10-22 12:43:11

===== Page 172 =====

Can you be *aware* of your **wanting to change** it?

Yi Tian 2020-10-22 12:43:29

A little.

Wind 2020-10-22 12:43:41

Yes, allow yourself to be *aware* of this **wanting to change**. Has it left?

Yi Tian 2020-10-22 12:44:07

No.

Not sure.

Wind 2020-10-22 12:44:31

Okay, focus again on that issue you **want to change**.
Can you feel your **wanting to change**?

Yi Tian 2020-10-22 12:44:44

Okay.
Yes.

Wind 2020-10-22 12:45:25

Allow yourself to be more *aware* of it.
Has it surfaced?

Yi Tian 2020-10-22 12:46:12

Not obvious.

Wind 2020-10-22 12:46:30

Continue to pay attention to this non-obvious feeling.
Can you be more *aware* of this non-obvious feeling?

Yi Tian 2020-10-22 12:47:49

When you guide like this, or when I guide myself, I enter a very quiet state, thoughts seem to stop.

Wind 2020-10-22 12:48:17

Probably a state of automatically **suppressing** feelings, probably like that.

Yi Tian 2020-10-22 12:48:33

Should be.
Because it's not a clear and bright quiet.

Wind 2020-10-22 12:48:54

That's okay too.
When you feel quiet, it is also a feeling.
You feel it, you can still **release**.
If you can't **release** it, this is **stuck**.
When **stuck**, you release **wanting to change**.
When you are **stuck**, there must be a "**wanting control**" causing the **stuckness**.

Yi Tian 2020-10-22 12:49:57

I feel this *"quiet."*

Wind 2020-10-22 12:50:30

===== Page 173 =====

Yes, if you **want** to maintain this quiet, this is also **wanting control**. As soon as you perceive this **wanting control**, it will be released.

Yi Tian 2020-10-22 12:50:46

I feel this *"quiet,"* it can last a long time without any change. I don't **want** it to **change** either.

Wind 2020-10-22 12:51:14

So you should consciously perceive whether you **want** to **control** it. If you don't **want to change**, then you **want** to maintain.

Yi Tian 2020-10-22 12:52:03

Seems like neither **wanting to change** nor **wanting to maintain**.

Wind 2020-10-22 12:52:21

Then what is it?

Yi Tian 2020-10-22 12:52:24

This is how it is whenever I calm down.

Wind 2020-10-22 12:52:59

When you can't **release**, you need to notice what you **want**?

Don't *effort* in other directions.

Because it is your **wanting control** that keeps you **stuck**, keeps you vague and unclear, keeps you from feeling **release**.

Yi Tian 2020-10-22 12:54:27

When I calm down, my **mind** becomes a bit sluggish.

Only silence.

After a while, I fall asleep.

Wind 2020-10-22 12:57:06

This is a heavily programmed and suppressed **mind**.

Yi Tian 2020-10-22 12:57:20

Should be.
False peace.

Sophie 2020-10-22 12:57:56

What to do in this situation?
I find I have this too. Yesterday when Teacher Wind guided me through the process, I had similar feelings.

Wind 2020-10-22 12:59:30

Use the process to solve it.

Yi Xuan 2020-10-22 12:59:54

@Wind? Now I don't use any questions, not a single one. I directly feel it going out. Does this count as **release**?

Wind 2020-10-22 13:00:10

Yes.
But pay attention to **wanting control** and **approval**.
Releasing like this will be faster.

Wind 2020-10-22 13:02:29

A long-term suppressed **mind** can learn to **release** by using those problems that have troubled you for a long time.

===== Page 174 =====

2020-10-22 13:03:02

For example.

2020-10-22 13:03:06

You can use events that stir up strong emotions.
For example, when you are angry, you cannot fail to feel anger.
When you are strongly sad, you cannot say you don't feel it.
Once you learn to **release**, you will also be able to clearly identify those subtle emotions.

2020-10-22 13:03:45

Yes.
Then operate the questions?

2020-10-22 13:04:18

Yes, use the process more. You will gradually get more clearly in touch with your emotions. First, try operating the process yourself.

2020-10-22 13:08:09

Teacher Wind, I like to **release desires** directly. I feel all thoughts can be attributed to **wanting approval** and **wanting control**. Is it okay to just **release** like this?

2020-10-22 13:08:12

Releasing desires feels very deep.
If you are really **releasing desires**, then of course it's okay.

2020-10-22 13:08:57

Obviously.
Feels like everything is because of **wanting control** and **approval**.

2020-10-22 13:09:12

@Wind? Thank you for taking time out of your retreat to guide us.

2020-10-22 13:09:25

I need to clarify some things.
I feel someone is confusing this method, so I came out to say a few things.
Once it's roughly clarified, I'll go into long-term retreat, preparing to go all the way to the final goal in one go.
At least I'll leave these explanations behind.
People who learn to **release** through my guidance can use these explanations, these **original Release Method** materials, to correct the confusion and misinformation in the group.
So that newcomers can have a pure environment to learn the **Release Method**.
I hope that when I'm not around, those who already understand the **Release Method** can use the **original materials** to correct the misleading ones [handshake][handshake].

2020-10-22 13:14:07

How does the feeling leave? I used to exHale Dwoskin it out. Now when I try to feel it leaving, I instead don't know how to do it.

2020-10-22 13:14:43

===== Page 175 =====

Yi Tian 2020-10-22 13:15:43

Active **release** should first involve feeling the active *grasping*. If you can't feel the active *grasping*, then you can't talk about actively letting go.

Wind 2020-10-22 13:16:34

This is an analysis. Not to mention whether the analysis is right or wrong, it doesn't help **release**. Many people taking Lester Levenson's **Release Method** course don't understand these concepts at all. They don't know what **release** is, what *grasping* is, what leaving is. But the design of this process helps you get in touch with your emotions, and then **desires**, perceive them, and then let them leave.

Then let them leave.

Yi Tian 2020-10-22 13:17:52

When I ask "*Can I let go,*" I can't answer.

Wind 2020-10-22 13:18:16

Can you let it go? Answering "*I don't know*" is also okay. Why do it this way? The course says so.

The course says so: *So if you are not sure whether you are **releasing**, just keep at it. Because you may not be aware of every **release**, but as you continue to practice this technique, you will do it more and more easily, until you are sure you are **releasing**. Additionally, **releasing** is carried out through a series of questions, which may not seem particularly special at first. But as you continue to follow along, you will see that when I ask you these questions, and when you practice them, these questions will generate many feelings. These questions are designed to give you a **releasing** experience. They don't need to be understood at the beginning. In fact, you won't understand them. But if you are willing to continue practicing using these questions, and you continue to do so, you will find that you use them more and more easily to **release**.*

Wind 2020-10-22 13:20:10

Understand? It's a technique. This process itself helps you get in touch with your emotions. So no need to add extra things to it. The questions don't need to be understood. Before you **release**, the questions cannot be understood.

Yi Xuan 2020-10-22 13:21:10

@Wind? After you reach the final goal, will you still come to see us?

Wind 2020-10-22 13:21:26

If I am fortunate enough to reach the final goal, I will come back.

D 2020-10-22 13:22:05

What to do when you regress when idle? [Sad]

===== Page 176 =====

Wind 2020-10-22 13:22:26

Then **release continuously**.

Don't try to understand things that cannot be understood before experiencing them.

For example, the questions.

The meaning of the questions.

Don't analyze them.

They cannot be understood through analysis.

Words always deviate from the original meaning of the experience.

So use the minimum and most concise concepts to guide yourself.

Don't fall into the endless complexity of semantics.

Yi Xuan 2020-10-22 13:31:01

@Wind? You know, what you explained today makes me feel like a master teaching the Dharma [Grin].

Wind 2020-10-22 13:31:15

But I am not a master.

I **want** freedom, but I haven't achieved it yet [chuckle].

So just take my explanations as something to listen to.

The real focus is still to look at Lester Levenson's teachings.

We can repost last night's discussion on the **Six Steps**. I think those parts are relatively key.

The **Six Steps** are the only key.

Mu 2020-10-24 08:49:56

@Wind? How is your progress?

Wind 2020-10-24 08:53:38

I don't know how to say it. In short, I'm still one big step away from freedom.

2022-10-22 (New) A word to those new to the Release Method.

Wind 2020-10-22 09:31:52

Physical sensations are already an *"expression."* The first thing suppressed is the *fear of death*.

Shui Di 2020-10-22 09:32:20

So, as a beginner, can I directly **release wanting control** and **approval**? Skip **releasing** the nine emotions.

Wind 2020-10-22 09:32:25

Then it developed **wanting approval**. **Wanting approval** developed **wanting control**.

Wanting approval and **wanting control** developed the nine emotional states.

The nine emotional states developed many subtle feelings.

Feelings developed all thoughts.

Thoughts project out and become your **material world**.

The **material world** includes your body.

Therefore, the body and the entire **material world** are your "*creations*."

It is a projected result.

Wind 2020-10-22 09:34:21

When **releasing**, you **release** the emotions and **desires** that are the cause.

Wanting approval and **control** are the cause of all emotions. And **wanting to survive** (*fear of death*) is the cause of **wanting approval** and **control**.

===== Page 177 =====

****Wei ~**** 2020-10-22 09:35:12

Physical and psychological illnesses produce different body sensations. Can they all be **released** using the **Release Method**? @Wind

Wind 2020-10-22 09:35:29

*All feelings are **survival programs***. You **release** emotions, not the physical sensations that are already the result expressed in the body.

When you **release** the emotions, the physical sensations of those illnesses will also dissipate accordingly.

But you don't need to specifically **release** them. Because your body is only an exact copy of the **astral body**.

Of course.

Wind 2020-10-22 09:37:27

The course only uses two days to familiarize newcomers with **releasing emotions**. The chart helps you identify your emotions. Because many people, apart from body sensations, cannot identify what their current emotion is. Therefore, they need the chart's assistance.

Soon you can transition to the stage of **releasing desires**. Directly **release wanting approval, control**, and then **wanting to survive** (*fear of death*). Clear the underlying drivers. This is the use of the **Release Method** tool.

I live for you, because I am you. 2020-10-22 09:39:15

Is greed **wanting control** or **wanting approval**? Greed is an emotional state.

Wind 2020-10-22 09:39:46

It could be driven by **control**, or directly by **wanting approval**.

OTHERNESS 2020-10-22 09:40:13

Always **wanting** a sick body. Is this **approval** or **control**? Or both?

Wind 2020-10-22 09:40:21

Both.

Freedom 2020-10-22 09:40:27

@Teacher Wind, I find that after **releasing**, there is a pleasant feeling, but it is accompanied by *pride*. When I feel good, I feel like I'm pretty great [facepalm]. A very excited, jumping state. Should I continue **releasing pride**?

Wind 2020-10-22 09:40:43

Actually, you don't need to analyze what it is from the **mind**.

That is, if the body is uncomfortable, causing worry emotions, is it enough to just **release** the worry?

Because **wanting approval** is actually the driver of **wanting control**.
But when you **release**, you **release** what surfaces, what you perceive.

Lester Levenson:

*Releasing **wanting approval** and **control** is also a shortcut, compared to releasing all the emotions underneath them.*

===== Page 178 =====

Approval and control.

*When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you release the fear of death, you still have **wanting approval** and **control**.*

*The only reason you **want** everyone's **approval** is so that you can be **safe** and survive. If we don't get **approval**, you **want** to force them to approve, and then you can be **safe**. That is **control**.*

*But when you release **wanting approval** and **control**, all the feelings underneath them are gone. Next, what remains is just **wanting approval** and **control**. By releasing the fear of death, you release them all.*

When you get there, you will very easily allow the fear of death to surface. You reach a point where it will push itself up and out. You sit there, completely watching it, and it will expel itself.

*Then you will laugh, and your **mind** will be shut down. What a foolish joke, playing on your Self, thinking you are limited, but you never were.*

The Way.

Yan Fei 2020-10-22 09:43:49

@Wind Recently, I often have some feelings that are neither **wanting approval** nor **wanting control**, but strongly **wanting safety**.

Wind 2020-10-22 09:44:00

Then release **wanting safety**. **Wanting safety/survival** is the cause of all **wants** and feelings.

Wei Dao 2020-10-22 09:53:28

@Teacher Wind, hello. I always feel bound, very *resistant* to what others ask me to do, **wanting** to break free. How to **release** this?

Wind 2020-10-22 09:53:28

Right now, can you feel this *resistance*?

Wei Dao 2020-10-22 09:53:28

Yes.

Wind 2020-10-22 09:53:28

Is it **wanting control** or **wanting approval**?

Wei Dao 2020-10-22 09:53:28

Control.

Yes, allow yourself to be *aware* of it.

Wind 2020-10-22 09:53:28

Has it left?

Wei Dao 2020-10-22 09:53:28

No.

A bit better.

Wind 2020-10-22 09:53:28

Do you **want to change** your current feeling?

Wei Dao 2020-10-22 09:53:28

===== Page 179 =====

Want to change.

Wind 2020-10-22 09:53:28

Can you just notice this *wanting*? Just lightly be *aware* of it. Has it left?

Wei Dao 2020-10-22 09:53:47

I am *aware*. Some left.

Wind 2020-10-22 09:54:42

Can you be *aware* of the remaining **wanting to change**?

Wei Dao 2020-10-22 09:55:00

Yes. Still **want to change**.

Wind 2020-10-22 09:55:12

Yes, allow yourself to be *aware* of it.

Wei Dao 2020-10-22 09:55:30

Yes.

Wind 2020-10-22 09:55:32

Has it left?

Wei Dao 2020-10-22 09:55:55

It came back.

Wind 2020-10-22 09:55:55

Has it become lighter and more pleasant?

Yes, can you just be *aware* of it?

Wei Dao 2020-10-22 09:56:19

A bit better, lighter.

Still have *resistance* inside.

Feel fear.

Wind 2020-10-22 09:57:57

Is it **wanting control** or **wanting approval**?

Wei Dao 2020-10-22 09:58:13

Want control.

Wind 2020-10-22 09:58:32

Can you be *aware*?

Wei Dao 2020-10-22 09:58:47

Yes.

Wind 2020-10-22 09:59:01

Has it left?

Wei Dao 2020-10-22 09:59:15

Afraid of doing things poorly.

Bing Zi 2020-10-22 10:00:16

@Wind Wind, how to **release** the identification with the physical body? Always **want** to observe emptiness. Guide me.

Wei Dao 2020-10-22 10:00:32

Now a bit better.

===== Page 180 =====

Wind 2020-10-22 10:00:32

Release **wanting control**.

And a word to those new to the **Release Method**.

Sometimes, once you observe and pay attention, the feeling disappears, you can't feel it anymore.

This is not **release**.

This is returning to the habit of **suppressing** feelings.

Hiding the feeling again.

The experience of **release** is feeling your emotions clearly leaving the body from the chest and abdomen area, accompanied by energy leaving, and a lighter, more pleasant feeling wells up.

Use this to verify whether you have **released**.

Generally, as long as you have **released**, you will clearly know you have **released**.

Small Cleverness 2020-10-22 10:03:37

Teacher Wind, if suppressed feelings and beliefs are not **released**, will they constantly pop up, creating the same situations that make us sad and have the same feelings?

Wind 2020-10-22 10:04:26

Suppressed feelings continuously drive our subconscious thoughts in the subconscious.

Wind 2020-10-22 10:04:35

Mind is only creative.

Every thought manifests, whether you look at it or not.

Subconscious thoughts are just thoughts we are not looking at now.

We program them, letting them operate automatically in the background.

So, suppressed feelings are also your feelings. They still drive those thoughts you don't **want** to see.

Automatically operating in the subconscious.

Therefore, do not suppress feelings.

Release them.

2022-10-22 (New) No step in the releasing process requires any effort, no need to effortfully concentrate.

Ch1o6 2022-10-22 10:19:55

Teacher Wind, guide me once, please... Can you?

Wind 2022-10-22 10:20:31

Can you feel your current feeling?

Ch1o6 2022-10-22 10:21:25

Yes.

Wind 2022-10-22 10:21:32

Does it **stir up wanting control** or **approval** in you?

Ch1o6 2022-10-22 10:21:38

Control.

Wind 2022-10-22 10:22:26

Allow yourself to be *aware* of it.

===== Page 181 =====

Wind 2022-10-22 10:22:44

Has it left?

Chlo6 2022-10-22 10:22:51

Less.

Wind 2022-10-22 10:23:05

Can you still feel **wanting control**?

Chlo6 2022-10-22 10:23:21

Much better, don't **want control** as much.

Wind 2022-10-22 10:23:46

Look at your current feeling. Is it **wanting control** or **wanting approval**?

Chlo6 2022-10-22 10:24:03

Much calmer, don't **want control** as much.

Wind 2022-10-22 10:25:32

Has the feeling become lighter and more pleasant?

Chlo6 2022-10-22 10:25:47

Lighter.

Wind 2022-10-22 10:26:04

Do you **want to change** your current feeling? Or **want** to maintain it?

Chlo6 2022-10-22 10:26:38

Want to maintain.

Wind 2022-10-22 10:26:54

Can you be *aware* of this **wanting control**?

Chlo6 2022-10-22 10:27:03

I am *aware*.

Wind 2022-10-22 10:27:20

Has it left?

Chlo6 2022-10-22 10:27:35

Left.

Wind 2022-10-22 10:27:54

Has the feeling become lighter and more pleasant?

Chloë 2022-10-22 10:28:06

Lighter.

Wind 2022-10-22 10:28:22

Continue this process, let your feeling continue to *move up*.

Chloë 2022-10-22 10:28:55

Yes.

Little Sapling 2022-10-22 10:32:57

I often feel a sensation like my chest splitting open accompanying **release**, sometimes accompanied by back itching.

Wind 2022-10-22 10:34:46

There will be many body sensations.

===== Page 182 =====

But the experience of **release** has a common part: the blocked feeling in the *feeling center* (chest) becomes unobstructed, accompanied by a clear feeling of energy leaving, becoming lighter and more pleasant. If you haven't experienced this, you can return to the process of **releasing emotions**. Pick up the emotion chart, see what your current emotion is. Then give yourself some time, just feel it directly, use the **three-question process**. If you are familiar with the experience of **releasing emotions**, then use the process of **releasing desires**. This will be much faster, and the **release** will be deeper. One **release** of **wanting control** and **approval** can **release** thousands of emotions.

Free Life 2022-10-22 10:45:41

@Wind, whenever a thought arises from the **mind**, do I need to feel it? If there is a feeling, use the **three questions**?

Wind 2022-10-22 10:46:34

Follow the course setup to learn. Currently, I have translated the first and fifth lessons of the 1992 **Release Method**. The first lesson teaches you to **release** emotions. You need to *feel*, not think. Try to *feel* your feelings through your *feeling center* (chest and abdomen area). When answering, also answer intuitively.

Try to relax as much as possible. When going through this process, no step requires any *effort*. No need to *effortfully* concentrate.

Wind 2022-10-22 10:50:01

This is normal. You rarely consciously contact your emotions. This habit of **suppression** needs to be eliminated through **release**. **Release** once, you can do it a second time. Keep

doing it, you will get more and more clearly in touch with your emotions. Any addiction is driven by a feeling. When you **release** the feeling, you will experience freedom. **Release** is not something you need to wait for results. It is immediate. As soon as you **release**, you will immediately know you have **released**. When you can't feel anything, this is what Lester Levenson calls the "*vague feeling*" situation. A vague, unclear feeling. You notice the vague, unclear feeling, then perceive that you **want to change** this vague, unclear feeling. **Release** this **wanting to change**, and the vague, unclear feeling will become clear.

standlight 2022-10-22 10:57:32

@Wind May I ask, when asking myself the **three sentences**, do I use "*you*" or "*I*"? Also, during my operation, why do I have no feeling when asking the **three sentences**? But when I use a sentence like "*Can I allow myself to let it go,*" it seems to work better. Is this personal?

Wind 2022-10-22 10:57:55

===== Page 183 =====

Can you allow yourself to let it go? You can ask like that. In English, it's "*Could you let it go.*" Contextually, you don't need to worry about "*you*" and "*I*."

Wind 2022-10-22 10:59:34

[Group chat log]

[

Wind: *Can you feel your current feeling?*

Miracle: Yes.

Wind: *Is it **wanting control** or **wanting approval**?*

Miracle: **Control.**

]

Wind 2022-10-22 11:00:17

I use the process for **releasing the three major wants** from the 1992 **Release Method**. I haven't made any changes.
So it's the same.

Yi Tian 2020-10-22 11:05:22

Feel your feelings through your feeling center (chest and abdomen area) – what does this mean? @Wind

Wind 2020-10-22 11:05:50

Your *feeling* is in that location.

Yi Tian 2020-10-22 11:05:58

So it's being *aware* of the "*blockage*" in the chest and abdomen?
Doesn't this become a physical sensation?

Wind 2020-10-22 11:06:30

You perceive emotions.
But try to perceive them from the chest.
It is inner feeling.
When you get used to it, you don't need to specifically emphasize from what location to perceive.

2020-10-22 (New) How to release if suppression is very strong?

Yi Tian 2020-10-22 11:15:15

When I learned a Chinese insight meditation method, the teacher said to use your Danzhong acupoint area for introspection. Because I could never experience this point, I didn't learn it.

Wind 2020-10-22 11:15:29

However, the important thing you need to remember is that this course is **experiential**. If someone gives you a book on how to ride a bicycle but you've never actually ridden one, I believe even if you read the book, when you ride the bicycle, you might fall over because you can't **control** your balance. Riding a bicycle is also an **experiential** thing. Just like riding a bicycle: you learn how to ride, then you get on it. When you find your balance, you really don't need to think about it anymore, you just ride

===== Page 184 =====

it. When you use this technique, the same thing will happen. The more you do it, the more you'll grasp the key points, and **releasing** will become more and more natural. You just get on the bicycle and keep riding. So what will happen is, even if you have to do some thinking and slightly manipulate yourself at the beginning, as you continue doing it, you'll find it becomes easier and easier.

Wind 2020-10-22 11:16:00

This bicycle analogy is also from Lester Levenson in *The Way*. The **Release Method** course doesn't let any preconceived theories contaminate you. It directly takes you through the process to experience **release**. Even if you make mistakes, it's okay. After a few mistakes, you'll know what's right. But if you don't personally go through the process to experience it, you can say you'll never learn it.

Liu Mou Ren 2020-10-22 11:17:09

How to **release** if **suppression** is very strong? Release the **suppression**?

Wind 2020-10-22 11:18:10

Can you notice your current feeling?

Liu Mou Ren 2020-10-22 11:18:19

No particular feeling.

Wind 2020-10-22 11:19:55

Vague, unclear feeling?

Free Life 2020-10-22 11:19:57

Usually many thoughts.

Liu Mou Ren 2020-10-22 11:19:58

Sort of.

Wind 2020-10-22 11:20:06

Do you **want to change** this vague, unclear feeling?

Yi Tian 2020-10-22 11:20:18

Teacher can only tell you to *"use your heart, not your brain,"* or even directly say *"use the chest and abdomen."* But how to actually use the heart, use the chest and abdomen to *feel*, you have to experience it yourself.

Liu Mou Ren 2020-10-22 11:20:24

Want to change.

Wind 2020-10-22 11:20:29

Can you be *aware* of this **wanting to change**?

Liu Mou Ren 2020-10-22 11:21:41

No.

Wind 2020-10-22 11:21:46

Do you **want** to be *aware* of it?

Liu Mou Ren 2020-10-22 11:21:49

Want to.

Wind 2020-10-22 11:22:10

Can you be *aware* of this *wanting*?

===== Page 185 =====

Yes.

Wind 2020-10-22 11:22:45

Has it left?

Liu Mou Ren 2020-10-22 11:22:50

Some left.

Wind 2020-10-22 11:23:10

Has the vague feeling become clearer?

Liu Mou Ren 2020-10-22 11:23:16

Clearer.

Wind 2020-10-22 11:23:26

Yes, is it **wanting control** or **wanting approval**?

Liu Mou Ren 2020-10-22 11:24:04

Control.

Wind 2020-10-22 11:24:09

Can you be *aware*?

Liu Mou Ren 2020-10-22 11:25:16

No.

Wind 2020-10-22 11:25:24

Want to be *aware*?

Liu Mou Ren 2020-10-22 11:25:40

Want to.

Wind 2020-10-22 11:25:49

Has it left?

Liu Mou Ren 2020-10-22 11:26:00

Left.

Wind 2020-10-22 11:26:06

No, the course only mentions it briefly because it's not the focus.

Wind 2020-10-22 11:26:15

This really isn't the focus.

Wind 2020-10-22 11:26:26

Because if you *effort* to find the feeling there, that is **wanting control**.

If you **want control**, you will not get **control**.

Wind 2020-10-22 11:26:50

It's that simple.

Has the feeling become clearer?

Liu Mou Ren 2020-10-22 11:27:06

Yes.

Wind 2020-10-22 11:28:50

So, it's simple. When you are suppressed very strongly, you feel this vague, unclear feeling. Release the **wanting to change** regarding this vague, unclear feeling. When the **wanting to change** is released, you can feel your current feeling more clearly.

Liu Mou Ren 2020-10-22 11:28:53

===== Page 186 =====

Then repeat, right?

Wind 2020-10-22 11:28:59

Yes. This really doesn't require *effort* to feel.

Liu Mou Ren 2020-10-22 11:29:10

Thank you.

Wind 2020-10-22 11:29:21

If it's not clear, then feel the unclearness and notice your **wanting to change** the unclearness. Release it, and it will automatically become clear.

Liu Mou Ren 2020-10-22 11:29:42

Seems I need to practice more.

Wind 2020-10-22 11:30:16

Don't try to use extra techniques outside the process to handle problems encountered in the process.

Wind 2020-10-22 11:30:19

The **release** process itself can handle all situations.

Liu Mou Ren 2020-10-22 11:30:30

Yes.

Wind 2020-10-22 11:30:34

Including *"can't feel emotions,"* including *"vague unclear,"* including *"stuck,"* including *"confused."*

Wind 2020-10-22 11:31:00

These can all be resolved after following the **release** process.

Wind 2020-10-22 11:31:09

No need for any preparatory exercises. Just practice the process itself.

Liu Mou Ren 2020-10-22 11:32:18

Is there a fixed question for not feeling emotions? A process question?

Wind 2020-10-22 11:32:36

Yes.

Feel this vague, unclear feeling.

Then ask yourself *"Do I **want to change** this feeling?"*

Liu Mou Ren 2020-10-22 11:34:39

Release **wanting to change**?

Wind 2020-10-22 11:34:40

Yes.

Liu Mou Ren 2020-10-22 11:34:50

I understand, thank you.

2020-10-22 (New) Physical sensations are just expressions, emotions are the cause.

standlight 2020-10-22 20:20:15

@Wind In recent **releases**, I find a warm feeling in my chest and abdomen. Is this what you call energy?

Wind 2020-10-22 20:20:53

===== Page 187 =====

Energy is emotional energy.

standlight 2020-10-22 20:21:10

Do I let it leave naturally?

Wind 2020-10-22 20:22:16

No. You don't need to focus on physical sensations of heat or cold. Focus on your emotions.

Release your emotions.

standlight 2020-10-22 20:23:41

Don't pay attention to bodily reactions, let them be natural, right?

Happy Cat 2020-10-22 20:23:53

For example, for an event, about how long does it take to completely **release** the **desire**?

Half an hour to an hour, or a few minutes? I **want** to judge if my **release** is correct.

Wind 2020-10-22 20:24:40

Yes. The time to cleanly **release** an event is not necessary. It depends on how much

wanting control, approval, and survival you have suppressed on top of it.

Happy Cat 2020-10-22 20:25:16

Is it better to **release** it all at once, or can it be **released** repeatedly?

Wind 2020-10-22 20:25:16

Of course, all at once is best.

Happy Cat 2020-10-22 20:25:28

For example, **releasing** over a few days is also normal?

Wind 2020-10-22 20:26:19

Yes.

Wu Xin 2020-10-22 20:26:50

What is the standard for being completely **released**?

Wind 2020-10-22 20:27:00

Only love for the thing, regardless of how it is.

Lin c 2020-10-22 20:28:22

Then feeling light and pleasant is enough?

Wind 2020-10-22 20:28:34

After feeling light and pleasant, continue **releasing wanting control and approval**.

Happy Cat 2020-10-22 20:28:15

Often I feel light but not joyful. Is this not completely **released**? Need to continue **releasing**?

Wind 2020-10-22 20:29:03

Continue.

Lin c 2020-10-22 20:30:17

Can feel light, not joyful. Is it not all **released**?

Wind 2020-10-22 20:30:25

Yes. Because your natural nature is very pleasant.

===== Page 188 =====

As long as there is no pleasantness, there is still something covering it. This is easy to understand.

Yuan Meng 2020-10-22 20:31:33

① Wind, what is the difference between physical sensations and emotions?

Wind 2020-10-22 20:32:39

Physical sensations are just expressions. Emotions are the cause. Emotions are what you feel: anger, sadness, apathy, fear, etc.

2020-10-23 Wind guides group members to release.

Small Cleverness 2020-10-23 10:06:57

Teacher Wind, no matter what feeling I **release**, it's very weak. Even when **releasing** the **stuck** feeling, it's also very weak.

Wind 2020-10-23 10:07:23

Weakness is because you **want control**. You **want** a more obvious feeling. This **wanting control** causes you to suppress your feeling. You should perceive that you **want to change** this weak feeling. When you **release** the **wanting to change**.

Chloe 2020-10-23 10:08:29

Wind, how to solve the dilemma of not liking the job you have, and the job you like not paying well?

Wind 2020-10-23 10:08:36

The weak feeling will immediately become obvious.

Sound of Clouds Passing 2020-10-23 10:09:07

A little, can feel chest tightness.

Wind 2020-10-23 10:09:48

I will adjust the questions accordingly.

Sound of Clouds Passing 2020-10-23 10:09:52

I tried myself.

Wind 2020-10-23 10:10:03

Yes, have you experienced **release**?

Sound of Clouds Passing 2020-10-23 10:10:03

Had some slight feelings.

Not sure if it's the **release** experience.

Wind 2020-10-23 10:10:59

Light, pleasant, clear, welling up, accompanied by a feeling of energy leaving.
Does **release** have this kind of feeling?

Sound of Clouds Passing 2020-10-23 10:11:07

Had a little, not very obvious.

Wind 2020-10-23 10:12:07

OK, I understand. Let's start.

===== Page 189 =====

What is your current feeling?

Sound of Clouds Passing 2020-10-23 10:12:21

Thank you. Nervous.

Wind 2020-10-23 10:12:51

Anxiety?

Sound of Clouds Passing 2020-10-23 10:13:07

Yes, afraid.

Wind 2020-10-23 10:13:12

Can you just allow yourself to feel this anxiety?

Sound of Clouds Passing 2020-10-23 10:13:27

Afraid of dying. Yes.

Wind 2020-10-23 10:13:48

Just try to feel this feeling as much as possible.

Sound of Clouds Passing 2020-10-23 10:14:09

Chest tight.

Wind 2020-10-23 10:14:43

Relax.

Don't pay attention to bodily sensations.

Sound of Clouds Passing 2020-10-23 10:14:57

Can't find it a bit.

Wind 2020-10-23 10:15:07

Can you feel this anxiety?

Sound of Clouds Passing 2020-10-23 10:15:44

Can't find it.

Wind 2020-10-23 10:16:11

Relax your body. What is your current feeling?

Sound of Clouds Passing 2020-10-23 10:16:11

Should I *effort* to find it?

Wind 2020-10-23 10:16:19

No.

Sound of Clouds Passing 2020-10-23 10:16:40

A bit calm.

Wind 2020-10-23 10:17:02

Now you just feel calm?

Sound of Clouds Passing 2020-10-23 10:17:07

The initial feeling has weakened.

Wind 2020-10-23 10:17:26

Yes, is the current feeling calm?

Sound of Clouds Passing 2020-10-23 10:17:49

Not just calm, still a bit of tension left.

Wind 2020-10-23 10:18:04

===== Page 190 =====

Yes, can you just notice this tension? You don't need to dig for it, don't need to *effort* to see it. Just lightly notice it.

Sound of Clouds Passing 2020-10-23 10:18:25

Yes.
Okay.

Wind 2020-10-23 10:18:46

Yes, can you allow it to leave?
Just yes or no.

Sound of Clouds Passing 2020-10-23 10:19:06

Yes.

Wind 2020-10-23 10:19:17

Are you willing to let it go?

Sound of Clouds Passing 2020-10-23 10:19:38

No.

Wind 2020-10-23 10:19:51

When are you prepared to let it go?

Sound of Clouds Passing 2020-10-23 10:19:56

This is my first reaction.

Wind 2020-10-23 10:20:14

Yes, it's okay. Don't worry about what your answer is.

Sound of Clouds Passing 2020-10-23 10:20:43

I hope I can let it go now.

Wind 2020-10-23 10:21:09

Okay, try to relax your body again.

Sound of Clouds Passing 2020-10-23 10:21:20

Okay.

Wind 2020-10-23 10:21:34

Look again at your current feeling. Can you still feel the tension?

Sound of Clouds Passing 2020-10-23 10:22:03

Lighter.

Wind 2020-10-23 10:22:31

Can you just lightly notice that remaining tension?

Sound of Clouds Passing 2020-10-23 10:22:42

Getting lighter and lighter.

Yes.

Wind 2020-10-23 10:22:58

Yes, do you feel **release**?

Sound of Clouds Passing 2020-10-23 10:23:40

Much calmer than at the beginning.

I feel it.

Wind 2020-10-23 10:24:03

Now let's go a bit deeper.

===== Page 191 =====

Okay.

Wind 2020-10-23 10:24:22

Try to relax your body as much as possible. Just allow yourself to be *aware* of your current feeling.

Wind 2020-10-23 10:24:39

What is it? Is there still tension? Or some other feeling?

Sound of Clouds Passing 2020-10-23 10:24:53

Fear.

Wind 2020-10-23 10:25:16

Can you just lightly be *aware* of this fear?

Sound of Clouds Passing 2020-10-23 10:25:30

Yes.

Wind 2020-10-23 10:25:57

Does it ***stir up* wanting control** or **approval** in you?

Sound of Clouds Passing 2020-10-23 10:26:11

Control. Want to get better.

Wind 2020-10-23 10:26:30

Can you just lightly allow yourself to be *aware* of this **wanting control**?

Sound of Clouds Passing 2020-10-23 10:26:48

Yes.

Wind 2020-10-23 10:26:50

Just lightly be *aware*. Yes, has it left?

Sound of Clouds Passing 2020-10-23 10:27:18

Left.

Look at your current feeling. Has it become lighter and more pleasant?

Sound of Clouds Passing 2020-10-23 10:27:45

Yes.

Wind 2020-10-23 10:28:09

Allow yourself to notice again. What is your current feeling?

Sound of Clouds Passing 2020-10-23 10:28:14

Indeed lighter, more pleasant, more confident.
A bit happy.
Body also doesn't feel as uncomfortable.

Wind 2020-10-23 10:29:09

Does this happy feeling **stir up** your **wanting control** or **wanting approval**?

Sound of Clouds Passing 2020-10-23 10:29:23

Control. Want more.

Wind 2020-10-23 10:29:40

===== Page 192 =====

Yes, can you just allow yourself to be more *aware* of this **wanting control**? Just lightly be *aware* of it.

Sound of Clouds Passing 2020-10-23 10:29:58

Yes.

Small Cleverness 2020-10-23 10:34:15

Teacher Wind, can you guide me? I **want** to **release** the *attachment* to past events, the **desire** to understand and clarify the facts and others' opinions. @Wind

Wind 2020-10-23 10:34:32

Have you experienced **releasing** emotions?

Small Cleverness 2020-10-23 10:34:58

I have experienced it, but at most, I feel calm. After a while, that painful feeling comes back.

Wind 2020-10-23 10:35:27

Yes, let go of your previous experience.

Wind 2020-10-23 10:35:33

Stay open to the possibility of a new experience.

Small Cleverness 2020-10-23 10:36:02

Okay, teacher.

Wind 2020-10-23 10:36:35

Try to relax your body as much as possible. Can you feel your current feeling?

Small Cleverness 2020-10-23 10:37:19

A bit stuffy in the heart, but don't **want** to feel it.

Wind 2020-10-23 10:37:40

Yes, can you just notice the most surface feeling? You don't need to *effort* to feel it.

Small Cleverness 2020-10-23 10:38:18

Want to cry.

Wind 2020-10-23 10:38:45

Let yourself lightly notice it.
What is this feeling?

Small Cleverness 2020-10-23 10:40:04

A feeling of pain that can't be expressed.

Wind 2020-10-23 10:40:43

Can you just lightly be *aware* of it?

Small Cleverness 2020-10-23 10:41:29

Not really. As soon as I perceive it, it seems to run deeper.

===== Page 193 =====

Wind 2020-10-23 10:41:58

Relax your body. When you relax, what do you feel? Even a non-obvious feeling is okay.

Small Cleverness 2020-10-23 10:42:59

Feel like crying inside.

Wind 2020-10-23 10:43:17

Just allow yourself to notice it. Can you let it go?

Small Cleverness 2020-10-23 10:44:16

No.

Wind 2020-10-23 10:44:33

Are you willing to let it go?

Small Cleverness 2020-10-23 10:45:28

I am willing.

Wind 2020-10-23 10:45:38

When are you prepared to let it go?

Small Cleverness 2020-10-23 10:46:12

Now, teacher. I don't know why, but I feel a bit reluctant to let it go.

Wind 2020-10-23 10:46:45

It's okay.

Wind 2020-10-23 10:47:24

Stay relaxed, lightly focus your attention inward. What is your current feeling?

Small Cleverness 2020-10-23 10:47:50

Calmer than before.

Wind 2020-10-23 10:48:11

Allow yourself to just notice that feeling. Can you let it go?

Small Cleverness 2020-10-23 10:48:40

Yes.

Wind 2020-10-23 10:48:49

Are you willing to let it go?

Small Cleverness 2020-10-23 10:48:59

Willing.

Wind 2020-10-23 10:49:06

When?

===== Page 194 =====

Small Cleverness 2020-10-23 10:49:20

Now.

Wind 2020-10-23 10:49:32

Do you feel it being released?

Small Cleverness 2020-10-23 10:50:10

No.

Wind 2020-10-23 10:50:37

It's okay. Stay relaxed. What is your current feeling?

Small Cleverness 2020-10-23 10:50:56

Calm.

Wind 2020-10-23 10:51:20

Can you allow yourself to notice this seemingly calm feeling?

Small Cleverness 2020-10-23 10:51:35

Yes.

Wind 2020-10-23 10:51:43

Can you let it go?

Small Cleverness 2020-10-23 10:52:24

Yes.

Wind 2020-10-23 10:52:37

Are you willing to let it go?

Small Cleverness 2020-10-23 10:53:05

Willing.

Wind 2020-10-23 10:53:18

When?

Small Cleverness 2020-10-23 10:53:41

Now.

Wind 2020-10-23 10:53:58

What do you experience? Do you feel it leaving?

Small Cleverness 2020-10-23 10:54:15

I still don't feel anything.

Wind 2020-10-23 10:54:22

It's okay. Stay relaxed, just allow yourself to be *aware* of the current feeling. Is it still that calmness?

Small Cleverness 2020-10-23 10:54:54

Still.

Wind 2020-10-23 10:55:14

Yes, allow yourself to just feel it.

===== Page 195 =====

Wind 2020-10-23 10:55:27

Can you let it go?

Small Cleverness 2020-10-23 10:55:42

Yes.

Wind 2020-10-23 10:55:52

Are you willing to let it go?

Small Cleverness 2020-10-23 10:56:08

Willing.

Wind 2020-10-23 10:56:13

When?

Small Cleverness 2020-10-23 10:56:26

Now.

Wind 2020-10-23 10:56:35

Look again at your current feeling. Just allow yourself to feel it.

Small Cleverness 2020-10-23 10:56:58

Feels a bit more relaxed than just now, but the feeling is very weak.

Wind 2020-10-23 10:57:02

Can you let it go?

Small Cleverness 2020-10-23 10:57:38

Yes.

Wind 2020-10-23 10:57:44

Are you willing to let it go?

Small Cleverness 2020-10-23 10:57:56

Willing.

Wind 2020-10-23 10:58:04

When?

Small Cleverness 2020-10-23 10:58:12

Now.

Wind 2020-10-23 10:58:28

Look again at your current feeling. What is it?

Small Cleverness 2020-10-23 10:59:23

What I feel is still calm.

Wind 2020-10-23 11:00:05

Yes, continue doing that process. Be a little patient with yourself.
Keep doing it, and your feelings will become more and more obvious.

Small Cleverness 2020-10-23 11:00:19

===== Page 196 =====

Okay.

Wind 2020-10-23 11:00:28

But never *effort* to do it.

Wind 2020-10-23 11:00:40

Resistance and irritability, of course, can be **released**.

Small Cleverness 2020-10-23 11:00:50

@Wind? Okay, Teacher Wind. Thank you, teacher.

Small Cleverness 2020-10-23 11:05:52

@Wind? Thank you, Teacher Wind. Although I still haven't reached pleasantness, I just cried a bit and feel much calmer. Even though I haven't had the obvious effect like others who were guided, I am willing to **release** slowly.

Wind 2020-10-23 11:10:00

You all should try to learn the **Release Method** and guiding techniques, and help each other. It is becoming more and more difficult for me to lower myself to guide people now. Each time I need to expend considerable *effort*. Seeing others as separate from oneself really requires a lot of *effort*. Yes, if you haven't experienced **release**, just slowly guide yourself through the process. It's okay, just follow the process. The power of this process is huge. It's not your guidance that works; it's the **release** process that works. But before guiding others, you must first **release** your **wanting control** and **approval** towards that person. Only then will the guidance be effective.

Wind 2020-10-23 11:43:24

Love is *oneness*.
The process of **continuous release** is the same.
Current feelings continuously surface.

You let one go, another comes, and another comes.
Just keep doing it continuously.

Yuan Yuan 2020-10-23 11:46:06

@Wind So no need to recall past events. Whatever surfaces in the present moment, **release** that, right?

Wind 2020-10-23 11:48:19

Yes.

Wind 2020-10-23 11:51:51

When everyone helps guide each other, remember three things.
First, you must learn it yourself, experience **release** yourself.
Second, before guiding, it's best to first **release** your **wanting control** and **approval** towards the other person.
Third, stay pure, don't **change** the **original process**.
Do these three steps, and you can help others learn. You are a qualified **Release Method** teacher.

2020-10-23 Don't try to effortfully release, just simply feel it.

I am infinite 2020-10-23 14:10:09

===== Page 197 =====

I find that feeling and **releasing** are both instinctive. You cannot **control** the feeling and **release** themselves, you can only use them. If you try to **control** the feeling and **release**, or *effort* to **release**, this is the **mind** participating.

Wind 2020-10-23 14:11:35

The **release** process is a technique to awaken the **release** instinct. You can **control** feelings and **release**. In fact, Lester Levenson used the phrase "**control your mind**." But "*effort*" is "**wanting control**." **Wanting control** $\equiv$ *lack of control*. So, once there is *effort*, there is **wanting control**, you will get **stuck**. When **stuck**, a "**wanting control**" is operating. If you don't **release** this program operating you, you will continue to be **stuck**. When you **release** this **wanting control** program, you feel smooth, because the feeling drives your program. Everything that happens next will be under your **control**.

I am infinite 2020-10-23 14:16:18

Right.

Wind 2020-10-23 14:16:40

Therefore, it's not that you cannot **control** feelings and **release**. It's that you need a specific process and technique to **control**, not using your past habits to **control**. **Control** by **releasing wanting control**, gain **approval** by **releasing wanting approval**, gain **safety** by **releasing wanting safety**. **Control**, **approval**, **safety** are not bad things. But "*wanting*" keeps you driven by a sense of *lack*.

I am infinite 2020-10-23 14:19:14

Right, my point is, don't use **control** to **release**. This is **suppression**. For example, if you can't feel, *effort* to feel; if you can't **release**, *effort* to **release**. This is **wanting control**, not truly **releasing**. Any *effort* towards feeling and **releasing** is **wanting control**, which only leads to **stuckness**, inability to feel and **release**.

Wind 2020-10-23 14:20:20

Yes, **wanting control** leads to **stuckness**. Actually, regarding personal insights, I have a view.

Wind 2020-10-23 14:21:22

Any insights summarized from personal experience should be tested against the **Six Steps**. If it conforms to the **Six Steps**, it is correct.

I am infinite 2020-10-23 14:22:16

Using the method of **wanting control** to **release** is like using the canister and diving. Because you can't **release** simply and easily, you need to make these *efforts*.

Wind 2020-10-23 14:23:38

Pay attention to the **Third Step**: immediately perceive that your current feeling comes from **wanting control** or **wanting approval**, and **release** it. When your current feeling is **wanting control**, **release** that **wanting control**. Don't let the **wanting control** stay inside and operate you.

I am infinite 2020-10-23 14:24:31

===== Page 198 =====

So, the whole book "*The Abundance Book*" is about **releasing** using the method of **wanting control**. The consequence is more and more **suppression**. *The Sedona Method* also has various **controls**.

Wind 2020-10-23 14:25:12

If you *effort* to try to perceive and dig, you are doing it with **wanting control**. You should perceive this **wanting control** and **release** it. It's not a matter of the **mind's** question. It's

about how you *direct* it. What is the *direction*? Lester Levenson described it as "*using the **mind** to eliminate the **mind***." The most crucial thing is, what *direction* does it lead to?

[Heart] Happy Cat [Heart] 2020-10-23 14:28:12

Can it be understood that the **mind** gives a *direction*, and then we witness the "*infinite*" to complete it?

Wind 2020-10-23 14:28:20

No. It must conform to the **release** process, conform to the **Six Steps**.

I am infinite 2020-10-23 14:28:51

Yesterday, I went to retreat to **release** and found I couldn't **release** at all. I found that I was deeply suppressing. Using the process was ineffective. It wasn't until today that I discovered that I was actually too **controlling**. I was deeply using my **mind** to **control** how I felt, and to **control** how I **released**. When I couldn't feel or **release**, I would *effort* and force myself to **release**. I have been doing this all along.

Wind 2020-10-23 14:28:51

It's not "*abandon the **mind***." It's not "*no **control***." It's "*use the **release** process to do what you **want***." Lester Levenson said, "*It's not that you shouldn't **want** this, shouldn't **want** that.*" Lester Levenson didn't condemn those "*wants*." It's "*get everything you **want** through **release***." So, through the **release** process, conform to the **Six Steps**.

Wind 2020-10-23 14:30:20

***Keep it simple.** * Don't mix in other things. The process is fixed: let the feeling surface, see if it is **wanting control** or **approval**, then let it go. You forgot the **Fifth Step**.

I am infinite 2020-10-23 14:31:53

When **releasing** using the **release** process, pay attention not to try to *effort* to **release**. Just simply feel it a bit, then simply **release** it directly. No need to *effort* yourself. Follow the process, and you will automatically feel and automatically **release**.

Wind 2020-10-23 14:32:07

When you get **stuck**, you must first **release** the **wanting control** over the **stuckness**. If it doesn't conform to the **Six Steps**, you won't be able to **release**.

I am infinite 2020-10-23 14:33:23

===== Page 199 =====

Wind 2020-10-23 14:33:57

If you can't do it, it's because you don't do it.

As long as you do it, you can do it. Keep the **Six Steps** by your side.

I am not limited 2020-10-23 14:36:09

When I discovered that I have been trying to go against feelings and **desires**, deeply **controlling** them, trying to **control** all processes and results, and when I can't, I *effort* desperately. I found that this is the **mind** deeply participating. I have been trying to **control** every step. This **control** has kept my feelings suppressed at the bottom, and has caused the **release** process to be full of confrontation and pulling. After I discovered this, I finally understood how to **release**.

Wind 2020-10-23 14:36:15

Lester Levenson uses **wanting safety, wanting to survive, fear of death** to describe the same thing.

I am infinite 2020-10-23 14:37:04

Continuous release just means continuously **releasing** easily, not continuously *efforting* to **release**.

Wind 2020-10-23 14:37:37

Now, because the motivation of my **First Step** is too strong, I spontaneously enter **release**. I am pushed to **release**.

Therefore, it's very difficult to lower myself to a state where I can guide others. Because once I **release** continuously, the **mind** becomes very quiet, and I can't regard others as something outside myself.

Wind 2020-10-23 14:38:39

This way, you cannot see the other person as having problems.

I am infinite 2020-10-23 14:39:02

If the **Fifth Step**, **releasing** the **wanting control** over **stuckness**, this **release** is still done with the **mind's** participation, then this step is also useless. The key is still to learn the process, learn how to be easily and simply led by the process to **release** automatically.

Free Rose - Liu Guimei 2020-10-23 14:39:02

Within it, it becomes oneself **releasing**, already entered the process. Why would *effort* be needed?

Outside it, there is distance, needing to be pulled down, right?
Not looking for trouble, the guidance is very deep. It's just that I've been **stuck** lately.

Wind 2020-10-23 14:40:13

Re-regarding others as a separate object from oneself requires a lot of *effort*.

I am infinite 2020-10-23 14:40:28

I found that **release** is always automatic. According to the process, from the beginning it is automatic. It's not something you try to **control**.

Wind 2020-10-23 14:41:00

If you don't do this, the feeling will continue to go up.

I am infinite 2020-10-23 14:41:03

It can be called instinct.
Feeling instinct and **release** instinct.
When going up, duality disappears.

===== Page 200 =====

Dalu Zheng 2020-10-23 14:42:00

@Wind I feel that I really **want** freedom, but once I start to feel more, I retreat again. I'm a bit afraid of the feeling of greater freedom and stop **releasing**. I start to actively push myself to **release**, and I feel tired. How to solve this?

Wind 2020-10-23 14:42:00

The only reason you feel tired is that you **want to control** something.

There is a **wanting control** operating.

I am infinite 2020-10-23 14:43:22

So, according to the process, just feel the feeling a little. Then, no need to think, just simply feel a little. According to the process, when you **release** and ask "*Has it left?*" you don't need to **control** whether it has left. If it left, it left. If it didn't leave, trying to **control** it won't make it leave either; it's actually **suppression**. So next in the process, you **release** the **wanting control** over not having **released**.

Dalu Zheng 2020-10-23 14:43:24

Yes, unconsciously I fall into that inertia.

Wind 2020-10-23 14:43:24

Stay pure.

Use the process.

***Keep it simple, sweetheart. ***

This is the KISS principle that Lester Levenson talked about.

Lester Levenson said, it's simple.

But what people have been doing is making it highly complex.

We can use many language systems to discuss the same thing.

We may transform many expression paradigms.

But those are not necessary.

What is necessary?

Learn the **release** process and the **Six Steps**.

These are all the tools and maps you need on the path to freedom.

Little Sun 2020-10-23 14:55:45

May I ask Teacher Wind, how long has this kind of **continuous release** been going on?

Wind 2020-10-23 14:56:33

A few weeks.

Previous years were intermittent **release**.

But you only need one week to **follow through with the Six Steps**, to reverse the strong past habits, and **release** can move forward like a car.

The key is to conform to the process, **follow through with the Six Steps**.

I have nothing else to add.

I am infinite 2020-10-23 15:01:00

Before, I always subconsciously used past habits. Now I realize that past habits were just trying to **control**.

Wind 2020-10-23 15:01:30

The **release** process does not conform to people's habits.

So at the beginning, you must consciously use the process.

Until you reach a point where the process carries you.

Now that more people in the group have mastered the method, I can probably go into retreat.

I 2020-10-23 15:02:00

===== Page 201 [text layer] =====

195

Throw away "*The Abundance Book*" and "*The Sedona Method*," really.

They were wrong from the start.

Wind 2020-10-23 15:07:00

The map drawn by Lester Levenson is clear.

Just keep walking.

In this era, only a few people can be free.

So any help should not be coercive.

Spread the method.

Those who haven't experienced **release** should start with **releasing feelings**, then try to **release wanting control** and **approval**.

This conforms to the course setup.

Today, when I guided that group member,

because she hadn't experienced **releasing emotions**,

I also started with the **three questions** for **releasing emotions**.

Then I let her go a step deeper.

If you haven't experienced **releasing emotions**, following the course order will also help you learn quickly.

Understanding 2020-10-23 15:16:57

I once read an article about why Lester Levenson said the **Release Method** should be charged. It mentioned that Lester Levenson said, in the early days when he didn't charge, no one took **release** seriously. Later, when he charged, many people did it earnestly, and the effect was much better than before. So afterwards, the **Release Method** was charged.

Wind 2020-10-23 15:17:17

This is what Lester Levenson said in an audio.

He used to teach without charging.

The reason for charging was that in a highly capitalist society, people only value things they have paid for.

But it should not be an excuse for others to charge.

Lester Levenson mentioned that if you don't **want** freedom enough, you will be pulled back by the world.

And the only reason for not succeeding is not **wanting** it enough.

So, even with the method, I still don't think most people can be free.

But at least provide the tools to people.

Let those who need help receive help.

However, during my **release** process, I had a strong intuition.

Any charging will damage the presentation of this **original method**.

So, I hope that when spreading this method, everyone does not use it to charge a single cent.

Wind 2020-10-23 15:26:33

Wanting control can be towards people, things, or emotions.

The most important thing is, you must first achieve it yourself before you can teach others.

If you cannot achieve abundance yourself, cannot obtain everything you **want** through **release**, then you cannot teach others either.

You will inevitably modify and add some limiting concepts.

If you cannot operate an organization merely through **release**, but through charging, you

cannot stay pure.

Have you experienced **releasing** emotions?

A Oku 2020-10-23 15:29:26

===== Page 202 [text layer] =====

196

I have.

Sometimes after **releasing**, I feel very light and comfortable.

Wind 2020-10-23 15:29:34

Then **releasing desires** is like this.

Wind 2020-10-23 15:29:51

You perceive the emotion, see that your emotion is **wanting control** or **approval**, then let it go.

Vera 2020-10-23 15:31:14

How can this feeling of abundance be achieved?

Follow through with the Six Steps, release continuously.

A Oku 2020-10-23 15:32:13

Sometimes I can't figure out if I **want to control** that person or **want to control** that emotion.

Wind 2020-10-23 15:32:30

This is **wanting control**.

A Oku 2020-10-23 15:32:48

Or when **releasing**, I kind of don't know how to ask. I feel that emotion or the uncomfortable blocked feeling in the body is still there.

Wind 2020-10-23 15:33:02

Wanting to figure out is also **wanting control**.

A Oku 2020-10-23 15:33:45

I always thought you were a man [facepalm] @Wind.

Wind 2020-10-23 15:34:12

I am a man.

Just **want** it more.

The profile picture is my girlfriend who passed away from heart disease a few years ago.

I've always used her as my profile picture.

Lester Levenson said the **First Step** is simple, just **wanting** more.

I am a post-95.

Just graduated from university over a year ago.

I don't care who is free.

I care about whether the method can make me free.

Gender also doesn't matter.

I saw that the **astral body** has no gender.

Infinite existence has even less gender.

Wind 2020-10-23 17:46:40

Conform to the **Six Steps**, and only need to conform to the **Six Steps**.

Freedom does not require steps beyond the **Six Steps**.

Wind 2020-10-23 17:47:33

The **Third Step**: see that all your feelings are **wanting control** and **approval**, and **release** them.

Wind 2020-10-23 17:48:46

===== Page 203 [text layer] =====

197

The **Sixth Step** means, each time you **release**, you become lighter and more pleasant.

Note, it is the pleasantness brought by **release**.

Not pleasantness obtained through other limiting ways.

Why emphasize only conforming to the **Six Steps**? Because the **mind**, based on different limiting concepts, will add many redundant things on top.

The **Six Steps** are a straight channel.

If you follow the **mind's** knowledge, you might turn off in other directions halfway.

Wind 2020-10-23 17:53:00

To let the **Release Method** help everyone, let all people join hands to keep it pure.

2020-10-23 The fear of death is the root cause of the two major wants, all emotions, and all thoughts.

Free Heart (wxid_dvcb3ye8r59e22) 2020-10-23 17:53:30

@Wind? Teacher has been talking about the **three major wants**. Why is there no **release** for the **desire for safety** in the **Six Steps**?

Wind 2020-10-23 17:53:52

Refer to *The Way*.

Lester Levenson's original text.

Mr. Lester Levenson said that as long as you continuously **release wanting approval** and **control**, the *fear of death* (**wanting safety/survival**) will automatically surface for you to **release**.

Minnie 2020-10-23 17:55:01

Read *The Way* again. Found that everything I wanted to ask, the answers are inside.

Wind 2020-10-23 17:55:08

Lester Levenson: *What was it last time? OK, the first thing we suppress is the **desire** to survive as a body, appearing as the "fear of death". How does it develop into other feelings? If I get everyone's **approval**, I am **safe**, I can survive as a body. If I cannot get their **approval**, I **want** to force them to approve, then I can be **safe** and survive—this is **control**. But, because you are so afraid to allow these feelings of fear of death to surface, you need to first deal with **wanting approval** and **wanting control**. When you release those, the "fear of death" at their base will naturally and noticeably surface for you to release.*

Free Heart 2020-10-23 17:55:42

I understand. Thank you for your guidance, teacher.

Wind 2020-10-23 17:55:46

Lester Levenson: *Releasing **wanting approval** and **control** is also a shortcut, compared to releasing all the emotions underneath them. **Approval** and **control**. When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you release*

===== Page 204 [text layer] =====

198

*the fear of death, you still have **wanting approval** and **control**. The only reason you **want** everyone's **approval** is so that you can be **safe** and survive. If we don't get **approval**, you **want** to force them to approve, and then you can be **safe**. That is **control**. But when you release **wanting approval** and **control**, all the feelings underneath them are gone. Next, what remains is just **wanting approval** and **control**. By releasing the fear of death, you release them all. When you get there, you will very easily allow the fear of death to surface. You reach a point where it will push itself up and out. You sit there, completely watching it, and it will expel itself. Then you will laugh, and your **mind** will be shut down. What a foolish joke, playing on your Self, thinking you are limited, but you never were.*

Wind 2020-10-23 18:06:25

Don't call me master.

No masters needed here.

Let's join hands to present the **original release** process purely to everyone.

Or everyone is a master, everyone is **infinite existence**.

Vanilla Ice Cream 2020-10-23 18:11:20

Last night's power outage is still ongoing. The power came back three times in between but failed. Through **release**, I saw that I have so many plans and arrangements, and saw how wide my scope of "**control**" is. I released them, and now feel very light. And I further felt how happy and simple **releasing** is. Like Lester Levenson's example of opening your hand, the pen held in it will naturally fall... **Releasing** is that simple! Now I can't find a reason not to **release**. I even feel like I'm starting to **release** automatically.

Rong 2020-10-23 18:18:17

Sometimes I can't figure out the **desire**.

Wind 2020-10-23 18:18:19

Which one do you feel?

This cannot be analyzed for you by others.

Because **wanting to survive** is the cause of **wanting approval**, and **wanting approval** is the cause of **wanting control**.

If analyzed, it's all three.

But at this moment, whichever you are more *aware* of will surface.

You **release** that one.

Release the one you are more *aware* of.

Vanilla Ice Cream 2020-10-23 18:25:04

[Excerpt from Lester Levenson's 1992 teaching video]

Lester Levenson: *Next we will talk about **releasing**. How do you do it? It's very simple. All of you pick up a pen, hold it tightly in your hand. First, I want you to know how you hold it tightly in your hand. It's very simple, we all do it well. We also do a good job of holding onto our feelings. Because we do it too well, we forget that we can just do this (instructor lets go of the pen, letting it fall to the ground), just let it go. This is what we mean when we say "let it go"...*

===== Page 205 [text layer] =====

199

Zhao Yan 2020-10-23 18:25:25

@Wind When Lester Levenson first started **releasing**, he was exploring. He couldn't distinguish the **three major wants**. How could he **release** only **control** in the first month, know to **release approval** in the second month, and **release** the *fear of death* in the third month?

Wind 2020-10-23 18:26:32

All emotions come from **wanting approval** and **control**.

A friend translated Lester Levenson's audio *"Keep It Simple."*

Everyone can take a look.

Wind 2020-10-23 18:28:14

*All surface feelings come from the heavy feelings we call AGFLAP [Apathy, Grief, Fear, Lust, Anger, Pride]. AGFLAP comes from two: **wanting approval** and **control**. These two come from one: **wanting to survive, safety**. When we let go of the **desire** for **approval** or **control**, we get rid of all AGFLAP and thousands of other feelings. Empty the subconscious, the **mind** quiets down, and then we realize our **infinite existence**, working with intuition, and this simply comes from our essence. This is intuition. All the knowledge we work with in the **mind** is full of ignorance. Behind ignorant facts is our essence. The ignorance is that everything we do through the **mind** is limited and can also be harmed. Every **mind** has certain limitations, covering our **infinite existence**. So we need a way to extract the motivation for all thinking, which is feeling. This will quiet the **mind**. The **mind** will never quiet the **mind**, because the **mind** is a mechanism mistakenly seeking survival, **safety**, **approval**, and **control**. As long as the **mind** acts as this mechanism, it will never give you the right answer. It will always lead you to pursue wrong answers, and you will get momentary pleasure and long-term pain. But you must **keep it simple**. You are **infinite existence**, omniscient, omnipotent, omnipresent. When we feel extremely limited in our **minds**, we put it in a closet called "subconscious" and pretend we didn't do it. If a limiting thought appears, we don't like it, we try to put it back in the closet. The method is simple, the method is easy. Let the feelings surface, [perceive] they are **wanting approval** or **control**, then let them out. **Follow through with the six steps of this method. It will take a few months to empty all your garbage. After that, life will become an effortless, beautiful, harmonious, almost dreamlike life. Everything happens effortlessly, just putting a thought into our calm mind, and it will quickly manifest. So why not do it in the next few months? Be smart. Remember the KISS theory. We divide it into three parts. Now "I" am omniscient, omnipotent, omnipresent. Always have been. Always will be.**

Wind 2020-10-23 18:29:00

He perceived **wanting approval**, **wanting control**, and **wanting safety**.

It's just that in the first month he only perceived **wanting approval**, in the second month only **wanting control**, and in the third month he perceived the *fear of death*.

===== Page 206 [text layer] =====

200

That's why he said that if he had had the **Six Steps**, he would have reached the final goal faster.

Lester Levenson said, *"You now have the **Six Steps**, so you should be faster than me."*

If you do it, it's simple. If you don't, it's impossible.
Simple, or impossible.

It only takes a few weeks, a few months at most,
to **release** all emotions and **desires**.

Zhao Yan 2020-10-23 18:36:12

After **releasing** everything, can whatever you **want** manifest or **change**?

Wind 2020-10-23 18:36:39

Freedom.

Lester Levenson describes it as *"just a thought, and what you **want** happens."*

I haven't **released** the *fear of death* yet.

Therefore, it will re-develop some **wanting control** and **approval**, but I will **release** them immediately.

Because I haven't completely removed this mechanism, I haven't **released** the entire **mind** yet.

But I am prepared to do so.

The *fear of death* is the root cause of the two major **wants**, all emotions, and all thoughts.

Wind 2020-10-23 18:37:57

I haven't **released** the *fear of death* yet.

Therefore, it will re-develop some **wanting control** and **approval**, but I will **release** them immediately.

Because I haven't completely removed this mechanism, I haven't **released** the entire **mind** yet.

But I am prepared to do so.

The *fear of death* is the root cause of the two major **wants**, all emotions, and all thoughts.

As long as the *fear of death* is not completely **released**, it will continuously develop **wanting control** and **approval**.

Because people don't **want** freedom enough, it's hard for them to be free.

They will stop in an extremely beautiful state.

But whether it's a sweet dream or a nightmare, you are still in the dream.

If you don't transcend the dream, you will fall back down.

2020-10-23 Clarifying the key points of the original method.

Zhao Yan 2020-10-23 18:42:35

Teacher, you seem to have been here for two whole days now. Is it that **control**, **desires**, have temporarily disappeared?

Wind 2020-10-23 18:43:22

I plan to make a final clarification of the key points of this **original method**.

Tomorrow or the day after, I will go **release**.

So these two days, I will constantly repeat some things that everyone may have already heard many times.

I hope everyone can use Lester Levenson's later teachings and the **original process** to guide themselves.

Use the **Six Steps** to guide themselves.

*"When you no longer have **wanting approval** and **control**, all the emotions underneath them are gone. But until you **release** the fear of death, you will still have **wanting approval** and **control**."*

Let's join hands to restore Lester Levenson's great **original method**. Don't pay attention to me personally.

When you are not moving towards freedom, you are moving towards the world.
Therefore, Lester Levenson said, *"There is no stop in the Six Step."*

===== Page 207 [text layer] =====

201

Once you are free, of course you don't need to **release**.

But before reaching it, you cannot understand freedom.

I live for you, because I am you 2020-10-23 18:48:33

When Lester Levenson was free, wasn't he still **releasing**?

When they went up the mountain and had no water, he also **released**.

Wind 2020-10-23 18:49:13

Omniscience, omnipotent, omnipresent.

That was after he re-developed the **mind**.

He said it took him eighteen years to return to the world.

He stared at the TV, kept watching it, and finally caught a feeling.

He finally succeeded in developing a feeling.

Because the world is **wanting control** and **approval**.

He needed to develop some to return to the world.

Wind 2020-10-23 18:53:38

Now, what I say must be things I am sure I know.

I won't say beliefs and guesses.

I will only say what I know.

I live for you, because I am you 2020-10-23 18:55:21

Wind, if the person you deeply love is no longer in this world, with your current ability, can you communicate with them?

Wind 2020-10-23 18:55:30

Now I say, even if I am truly fortunate enough to reach freedom, I will come back to share.

I cannot answer this question.

I am not continuing to share to say what abilities I have.

I am here to clarify this method.

Let's join hands to restore Lester Levenson's great **original method**. Don't pay attention to me personally.

Qing Qing 2020-10-23 18:58:58

@Wind Last year, I used Lester Levenson's first feeling **release** method. I **released** three times, and the feeling was very strong, but I haven't been able to use it since.

I'll start learning again from the basics.

Wind 2020-10-23 18:59:47

Start learning again from the **original process** of the 1992 **Release Method**.

It will be very simple.

In the second week, feelings will continuously surface and then leave, like waves.

But when I stop, a glance at the **Six Steps** immediately tells me which step is wrong.

Then **release** resumes immediately.

The process hasn't changed.

It's just that it has become more direct, with less manipulation.

I feel that I am always on the **Six Steps**.
And these **Six Steps** form a huge driving force, allowing **release** to continue.
Insights occur frequently. At this time, you will be carried by them. But as long as you continue to remind yourself of the **Six Steps**, you will continue

===== Page 208 [text layer] =====

202

releasing, reaching *higher* peaks.

Wind 2020-10-23 19:05:48

Anything not in the **Six Steps** is unnecessary.

Note that the **Third Step** is *"All feelings are wanting control and approval, release them."*
"All feelings" means all feelings.

You must have a feeling now.

It must be **wanting control** or **approval**.

You can definitely **release** them.

Susan 2020-10-23 19:08:49

Release can happen anytime, anywhere?

Wind 2020-10-23 19:09:09

You can use this method anytime.

It's simple. Enter the **Six Steps**.

Third Step: at this moment, is your feeling **wanting control** or **wanting approval**?

Release them.

Fourth Step: **release continuously**, make it the norm.

When you **release** once, your feeling rises.

At this time, new feelings emerge.

Are they still feelings? Of course.

Are they still **wanting control** and **approval**? Of course.

Therefore, you can continue **releasing**.

Release again, your feeling rises again.

The emerging feelings are still **wanting control** and **approval**.

You can still **release** them again using the process.

It's that simple.

2020-10-23 Wind explains the Six Steps.

I am infinite 2020-10-23 19:14:05

Now, when I **release**, as soon as I perceive a feeling, I habitually **want** to **release** it. This is **wanting control**. Then I can perceive that the feeling immediately shrinks back, suppressing it inward. The **control** desire is too strong. A few years of habits are hard to break. So now it's hard to **release**. @Wind

Wind 2020-10-23 19:14:16

Fifth Step.

I am infinite 2020-10-23 19:14:25

I can even clearly experience the whole subtle process of the feeling immediately shrinking back as soon as I **want** to **control**. Suppressed for too long.

Wind 2020-10-23 19:14:48

What you describe is a habit.

But habits are just accumulated programs.

Behind the programs are just **wanting control** and **approval**.

I am infinite 2020-10-23 19:15:19

I know the **Fifth Step**. But when I use the **Fifth Step**, I still get **stuck**. That is, when I **release** this **wanting control** over being **stuck**, I still get **stuck**. Completely unable to **release**.

===== Page 209 [text layer] =====

203

Wind 2020-10-23 19:16:18

Sixth Step.

I am infinite 2020-10-23 19:16:58

How to do the **Sixth Step**?

Wind 2020-10-23 19:17:16

Each **release** brings lightness and pleasantness.

I am infinite 2020-10-23 19:17:29

Can't **release** at all, definitely no pleasantness.

Wind 2020-10-23 19:17:46

If you remind yourself of this, you will stop what you are doing now.

Easily allow the **wanting control** to surface.

I am infinite 2020-10-23 19:17:49

But when I actively directly feel the pleasantness, I can feel the pleasantness. Damn it.

Wind 2020-10-23 19:17:59

Whenever you use *effort*, it is **wanting control**.

I am infinite 2020-10-23 19:19:18

That is, the pleasantness is also **stuck**.

Wind 2020-10-23 19:18:26

Pleasantness can be **stuck**.

Because you **want** to **control** it.

It seems many people don't know how to operate the **Fifth Step**.

I am infinite 2020-10-23 19:19:14

This habit of **wanting control** is so strong that no matter how I **release**, I habitually **control** inward. I still can't find a special way to stop it.

Minnie 2020-10-23 19:19:26

Want to **control** the **release** process.

Wind 2020-10-23 19:19:48

I will share specifically.

I am infinite 2020-10-23 19:19:51

Okay.

Wind 2020-10-23 19:20:21

If you follow the **original process**, you will find that the **First Step** is *"Try to relax your body as much as possible, focus your attention inward."*

In a relaxed and comfortable state of body, perceive your current feeling.

The specific use of the **Fifth Step** is indeed something that is easy to misunderstand.

Because people often find that they cannot feel the **wanting control** over the feeling.

So, when you try to **release** the **wanting control** over the **wanting control**, you will get **stuck** infinitely.

I am infinite 2020-10-23 19:23:18

Right.

Especially when you are already accustomed to **controlling**, it's even more serious.

Wind 2020-10-23 19:24:06

So, relax, perceive the most surface *"wanting."*

===== Page 210 [text layer] =====

204

And only perceive it.

At a time, you only need to perceive one *"wanting."*

If other feelings are there, you don't need to suppress them, but don't deliberately pay attention to them.

When you are **stuck**, obviously, you **want to change** it.

Notice that you are using force.

This *"using force"* is **wanting control**. It is on the most surface.

So you don't need to deliberately dig for it.

Another point is that, like all feelings, it cannot be **released** all at once.

So when I guide others, I say, *"Do you still want to change your current feeling?"*

Allow more **wanting to change** to be perceived.

When you successfully **release** a **wanting to change** that caused you to be **stuck**, you need to feel again if there is any remaining.

Release a second time.

Until you completely **release** the **wanting to change** regarding it, you will immediately find that this **release** process becomes very smooth.

If you only **release** a little and suppress the rest, continuing to carry this **wanting control** while **releasing** other themes,

then that unreleased **wanting control** will continue to stay inside you and operate you.

You will get **stuck** again at some point during **release**.

This was once the biggest obstacle to my initial **continuous release**.

I am infinite 2020-10-23 19:31:25

I found that my **stuckness** is accumulated. The previous **release** methods were actually **wanting to control**, not truly **releasing**.

Wind 2020-10-23 19:31:26

Actually, when we **release**, we really just neglect it.

The **Six Steps** are the only key. They are not just a theory.

They are a map that will guide you along the way.

I am infinite 2020-10-23 19:35:00

Previous materials didn't have this at all.

Wind 2020-10-23 19:31:50

So, again, use the **Six Steps**.

The **Six Steps** are the only key. They are not just a theory.

They are a map that will guide you along the way.

I am infinite 2020-10-23 19:33:19

The **Six Steps** just simply say *"if stuck,"* I don't know what it means at all. And the explanations in those materials are also wrong, directly misleading.

"The Abundance Book" translates it as *"dilemma."* I thought I could grit my teeth and rush

through each time. Is this a dilemma? It doesn't seem like it. I never used this step [facepalm].

And this kind of **release** with **wanting control** became a habit, habitually suppressing instead of **releasing**.

Wind 2020-10-23 19:35:40

Lester Levenson: *Talk to the workshop instructor. It's not me who takes you there. Or you continuously **release** the **stuck** feeling, seeing when you*

===== Page 211 [text layer] =====

205

*don't **release** the **stuck** feeling, you let it continue to operate, which causes you to remain **stuck**. Can you see how simple this is? If you do it, it's really simple.*

Wind 2020-10-23 19:36:28

The Way series of audios has scattered explanations of the **Six Steps**.

Keep It Simple also has them.

Beingness also has them.

Get High to Release also has them.

Wind 2020-10-23 19:39:43

I understood the process of the **Six Steps** through listening to Lester Levenson's later audios repeatedly.

Over two years, I listened to his later audios many times.

I can even recite some passages.

Besides *The Way*, there are other audios.

"Get High to Release" says that if you **release** to *feel good*, when you achieve that goal, you will automatically stop.

Wind 2020-10-23 19:57:35 (The following content is brought forward)

The ones I just mentioned are scattered explanations about the **Six Steps**.

They can help you understand deeply.

There is also *"Goals and Winning."*

It talks about *separation* and also about goals.

This is a later teaching and can also be translated.

Wind 2020-10-23 19:41:26

Aren't many people confused about what the **First** and **Second Steps** mean?

The **First Step** is **wanting** freedom, the **Second Step** is *deciding* to be free.

If you *decide* to be free, you won't stop before reaching freedom.

If you just *decide* to *feel good*, or achieve a certain material goal, then after you get it, you will stop.

Because what you **want** and *decide*, you will take yourself there.

In my second week of **release**, I looked at the **Six Steps**.

I directly *"knew"* what the **Six Steps** were like.

And I was sure they could lead people to the final goal.

Most people in this world cannot do the first two steps.

But they can still use the **release** process to reach a very comfortable state.

Wanting to change is a type of **wanting control**.

If you feel you don't like something, you **want to change** it.

If you feel you like something, you **want** to maintain it, possess it.

That is all **wanting control**.

The specific explanation of **wanting control** is "*you **want** the world to be the way you **want** it to be.*"

===== Page 212 [text layer] =====

206

Wanting control is the most surface *wanting*.

It is driven by **wanting approval**.

Why do you **want** to possess this, **change** that?

Because you **want approval**.

Why do you **want approval**? Because you **want safety**. You feel that if others approve of you, you can survive.

Wanting safety, survival is the deepest *wanting*.

And all feelings are **survival programs**.

Wanting to survive developed **wanting approval** and **control**.

And **wanting approval** and **control** developed AGFLAP.

Wind 2020-10-23 19:54:50

Should the **Six Steps** be understood now? [Laughing]

2020-10-23 The Six Steps don't tell you to quit your job.

Vanilla Ice Cream 2020-10-23 19:50:00

In 2013, I quit my fast-promotion job, *deciding* that the rest of my life would be to figure out the truth of life and fully live this truth. I put this first. I think from then on I *decided* to be free. Although I only encountered the **original Release Method** now, in these seven or eight years, I feel I have progressed quickly. Whenever I encounter a suitable channel, I quickly integrate and practice, and continuously transcend what I have previously learned and realized. I think this "*speed and transcendence*" come from the strong driving force of *deciding* to be free. "*Deciding to be free*" is really important!

Mary Hai 2020-10-23 19:56:42

@Vanilla Ice Cream [Praise] Me too. Even the timing is about the same.

Wind 2020-10-23 19:58:11

There is also "*Goals and Winning*."

It talks about *separation* and also about goals.

This is a later teaching and can be translated.

Blank 2020-10-23 19:59:49

@Mary Hai After 2012, some people wanted to awaken.

Chloé 2020-10-23 20:00:25

I'm thinking about quitting my job.

But no income.

Don't know what to do.

Lester Levenson suggested **releasing** at work, not long-term retreat. You can have a short-term isolation... Right?

Wind 2020-10-23 20:02:16

*If you do it by avoiding, you suppress those feelings deep down. They become your **karma**, driving you out of seclusion. So, there is no obstacle in action. The obstacle is identifying*

*with the limited body and **mind**, identifying with the **ego**. If you try not to engage in any action, you will not succeed, because your **karma** is now driving you to act. So if you **want** to do nothing, you will not succeed. Whatever your **karma** is, you will do it. So **wanting** to do nothing is useless. Only **release** is useful. Only **release** will give you all the paths. As fast as you do it, it comes to you. So, action is not so much an obstacle as a real help. Because when you act, you are pushed by feelings, and when you act, feelings bring more feelings, giving you the chance to **release** all feelings.*

So you must do it in the world. You must do it in action. You cannot do it isolated from the world. When you isolate, you only avoid.

When you **release** continuously, isolation will happen automatically.

I can talk about my own experience.

I didn't **want** to go into retreat, but it happened automatically.

I didn't have to **effort** to **control** myself and isolate from the world.

Vanilla Ice Cream 2020-10-23 20:04:51

In my previous channel, I just broke through financial difficulties. I deeply **released** money and gained a good degree of freedom. But as soon as I encountered the **Release Method**, I immediately transcended the previous channel, because I know that the freedom brought by the **Release Method** is true freedom, and it's what I truly **want** deep down.

Wind 2020-10-23 20:05:07

Rather, it is driven by a momentum. Isolation happens automatically.

When reaching a state of **continuous release**, I couldn't contact the world.

So I stayed in the room and **released**. That's all.

Vanilla Ice Cream 2020-10-23 20:05:52

I suggest friends who **want** to quit their jobs, **release** first. When it's time to quit, you will know yourself.

Wind 2020-10-23 20:06:41

The **Six Steps** don't tell you to quit your job.

They don't tell you to isolate either.

They just tell you to **release continuously**.

When you **release continuously**, isolation happens automatically.

You will reach a state where you don't need to work.

Chloé 2020-10-23 20:07:43

This job is super restrictive. Doesn't let me do what I **want**, can't even say what I **want**.

Really disgusting.

Wind 2020-10-23 20:07:56

These are all feelings.

Vanilla Ice Cream 2020-10-23 20:08:07

Because if I don't explore the truth of freedom, it would be more uncomfortable than death.

Wind 2020-10-23 20:08:08

This is exactly the opportunity to **release** these limitations.

When the feeling surfaces, it's a good thing.

Vanilla Ice Cream 2020-10-23 20:08:50

Yes, you can't deceive yourself. You have to face yourself!

Through **release**, you will see the truth of **wanting** to quit. After **releasing**, you will naturally know what to do. Every moment is the best time to **release**.

Xin Nian 2020-10-23 20:11:36

@Wind Often, when doing various jobs, I'm troubled that I can't concentrate on **releasing**. I can only **release** alone on the bed at night. But in reality, can I achieve **release** even in a

noisy environment?

Mary Hai 2020-10-23 20:11:40

@Chloë· Before making a *decision*, **release** all feelings and underlying **desires** about that *decision*. You will make the most suitable *decision* for yourself, probably better than you imagined.

===== Page 214 [text layer] =====

208

Wind 2020-10-23 20:11:44

Yes.

Continuous release does not require a quiet environment.

Because your world is only the projection of your thoughts.

You cannot **change** the cause by doing something to the result.

If you feel noisy, it's just a feeling.

You return to the **Third Step**, **release** your current feeling of **wanting control** and **approval**.

At first, you will find it difficult.

So you can first use all the time when you don't need mental work.

When you do this, **continuous release** will generate momentum.

It will make your **release** happen more and more easily.

At this point, you can **release** while doing things.

Then, as you continue **releasing**, you will find that you don't need to do things anymore.

Because you are no longer creating that picture.

You are no longer creating the picture of *"I need to work."*

Yuan Yuan 2020-10-23 20:14:54

@Wind May I ask, when you see very touching or very loving pictures emerge, and you feel very excited emotions, a feeling of **wanting** to cry, is this **wanting control** or **wanting approval**?

Mary Hai 2020-10-23 20:15:32

I searched for this word in Wangyi Youdao Dictionary, and the example sentences that came up

turned out to be the **Six Steps to Freedom**.

Wind 2020-10-23 20:15:42

I also searched for it before.

What do you feel?

If you **want** to maintain that very good feeling, it's **wanting control**.

If you are particularly excited and **want** to share it with others, it's **wanting approval**.

An event will actually involve various basic **wants**.

Vanilla Ice Cream 2020-10-23 20:19:16

As Wind said, operate an institution through **release**, not by making money. This principle also applies to work. See if the real reason you **want** to quit is for freedom, or other reasons?

Operate your current job through **release**, get a better job through **release**, make yourself not need a job through **release**. — *"All of these are possible, as long as you truly **want** them in the present moment. They can all be achieved through **release**, rather than avoiding, suppressing, or **controlling** these 'wants'."*

Zhang Fei 2020-10-23 20:25:54

Lester Levenson once said that continuously focusing on asking "*What am I?*" could lead to ultimate freedom in a few months. This is an early teaching. Later he found that this method didn't help students progress much?

Wind 2020-10-23 20:26:26

Yes, he found that just having students meditate, having them meditate with questions, didn't lead to much progress.

He found that doing one **release** equaled several months of meditation effect.

Just spending less than a minute doing one **release**.

===== Page 215 [text layer] =====

209

Mary Hai 2020-10-23 20:27:04

@Zhang Fei? This method is a traditional Indian teaching. Ramana Maharshi taught this self-inquiry.

Wind 2020-10-23 20:27:12

After that, he only taught his own invented **Release Method**.

Before that, he didn't have his own method.

He just led students in meditation.

Mary Hai 2020-10-23 20:27:52

This method has very high requirements for spiritual capacity.

That is, the **desire** for freedom, how uninterested one is in this world.

Those who can become free through this method are basically only one step away.

Others can resort to the **Release Method**. The threshold for this is not that high, and it's suitable for modern people [Wicked][Wicked].

Wind 2020-10-23 20:31:35

Release is also very fast, not a second choice.

Ramana Maharshi's "*Who Am I?*" and Yogananda's Kriya Yoga, Lester Levenson recommended them all in the early days.

But in his later years, he only recommended the **Release Method**.

Luo Wanyu 2020-10-23 20:34:47

I also can't distinguish between **approval** and **control**.

I'll first **release** this **control** now.

Wind Chi 2020-10-23 20:35:35

@Wind? Same question about *resistance*.

Wind 2020-10-23 20:35:48

If you **want to change**, it's **wanting control**.

Sometimes you will feel *resistance* towards a person because you **want** their **approval**.

These will be clearly perceived by you.

Hui Xuan 2020-10-23 20:37:24

Is liking someone **wanting approval**?

Wind 2020-10-23 20:38:03

All **three major wants** are there.

Wanting to possess is **wanting control**. **Wanting** to be liked by the other person is **wanting approval**.

Hui Xuan 2020-10-23 20:38:36

Is it also *resisting* at the same time?

Wind 2020-10-23 20:38:37

They all come from **wanting to survive**.

Resistance is a manifestation of emotions.

Wind 2020-10-23 20:39:57

Good, this conforms to the **Sixth Step**.

Ai Mi 2020-10-23 20:41:25

I said to myself, "*Decide to be free*." My right back *resisted*. I am willing to be free, my body is not willing. What's going on?

Wind 2020-10-23 20:41:54

Don't say that.

Deciding to be free is not a prayer, not an affirmation.

===== Page 216 [text layer] =====

210

A decision is a decision.

Mary Hai 2020-10-23 20:42:27

@Wind? Previously, because of Lester Levenson's early teachings, I wanted to achieve liberation through Kriya Yoga and also practiced self-inquiry, but it didn't work. Now it seems the **Release Method** is suitable for me. It's fate.

Wind 2020-10-23 20:42:29

It's like right now you *decide* to walk from your seat to the door.

Ai Mi 2020-10-23 20:42:30

Yes.

Wind 2020-10-23 20:42:51

Once you *decide*, you will do it immediately.

Vanilla Ice Cream 2020-10-23 20:43:23

Actually, money is a great **release** topic. Don't avoid, suppress, or **control** your **desire** for money. If you **release** correctly, you will not only gain more inner freedom but also more freedom in using money.

Ai Mi 2020-10-23 20:45:44

I have a *resistant* feeling in my right back.

Wu Xin 2020-10-23 20:46:13

@Wind? Are these two questions the same?

Wind 2020-10-23 20:46:36

These are two questions used in the course.

Stir up.

Come from.

Wu Xin 2020-10-23 20:47:00

I understand: one is behind the feeling.

Wind 2020-10-23 20:47:01

Comes from.

Wu Xin 2020-10-23 20:47:15

One is in front of the feeling.

The **control** caused by the feeling, not the feeling caused by **control**.

Wind 2020-10-23 20:48:48

You can use either form, because they indeed appear in the course.

But feelings come from **control** and **approval**.

This is repeatedly stated by Lester Levenson.

Ai Mi 2020-10-23 20:50:20

Come from.

Wu Xin 2020-10-23 20:50:28

I look for the **control** or **approval** behind the feeling. This is correct, right?

Wind 2020-10-23 20:50:44

No need to look.

Look at your feeling, you will immediately perceive it.

OTHERNESS 2020-10-23 20:51:05

Share a **release** I just did: I was having dinner with my daughter. There were two shrimp in a fresh shrimp salad. My daughter ate one, and I wanted to eat the other. But I felt that since my child likes to eat, I should leave it for her; but I also wanted to eat it myself.

===== Page 217 [text layer] =====

211

I perceived the energy of **wanting** to eat. Instantly, this energy of **wanting** to eat turned into saliva secreting in my mouth. Then I felt something in my brain (maybe a **desire**) being lowered down. I no longer wanted to eat. Before I even started asking questions, this energy left.

Wu Xin 2020-10-23 20:51:08

This is easy for me to judge.

Wind 2020-10-23 20:51:19

Then use it.

Because it's actually the same.

Achieving what Lester Levenson said: *"recognize that your feeling comes from **wanting control** or **wanting approval**."*

Wu Xin 2020-10-23 20:52:32

Now I can judge whether it's **control** or **approval**. Before, I had to think for a long time.

Hong 2020-10-23 20:53:32

I've wanted to quit my job for five years, and I still haven't. So entangled [facepalm].

Wu Xin 2020-10-23 20:54:03

?? Great. I made a bit of progress today??, thank you.

Wind 2020-10-23 20:54:04

"The method is simple, the method is easy. Let the feelings surface, [perceive] they are **wanting approval or **control**, then let them out. **Follow through** with the six steps of this method. It will take a few months to clear out all your garbage."*

— Lester Levenson

Hong 2020-10-23 20:56:11

Hesitation, indecision, gain and loss — all are **wanting control**.

Wu Xin 2020-10-23 20:56:37

Using force is **control**.

No force is **approval**.

Wind 2020-10-23 20:57:20

This is Lester Levenson introducing the process.
The **Release Method** is really just this.

Ai Mi 2020-10-23 20:57:47

@Wind?, my problem is: I can't perceive whether the feeling is **approval** or **control**.

Wind 2020-10-23 20:58:15

Can you **release** emotions?

Mary Hai 2020-10-23 20:58:15

@I am infinite @Wind?? Should we add the question "*Do you feel lighter and more pleasant?*" to the **original process** just posted?

Mary Hai 2020-10-23 20:58:30

I just thought of it.

Ai Mi 2020-10-23 20:58:45

Not yet.

Wind 2020-10-23 20:58:58

Then start with **releasing emotions**.

Ai Mi 2020-10-23 20:59:18

Or sit quietly and **release** feelings?

===== Page 218 [text layer] =====

212

Okay.

Wind 2020-10-23 20:59:47

This question is actually my addition after experiencing the **Six Steps**. It's not in the course.

Mary Hai 2020-10-23 20:59:52

Yesterday, Teacher Wind said this question can test whether you have truly **released**.

It's not in the course. Can we add it now?

Wind 2020-10-23 21:00:24

I added this to facilitate operating the **Sixth Step**.

But don't take me as the standard. Take the course and Lester Levenson's teachings as the standard.

Wind 2020-10-23 21:02:16

However, the **Sixth Step** of the **Six Steps** cannot be ignored either.

I 2020-10-23 21:02:27

Right.

Wind 2020-10-23 21:02:56

The question I give is my own method of using this step.

For reference only.

I 2020-10-23 21:03:40

Yesterday, I **released** some **wanting control** towards my dad. It was easy to **release**, and then I felt very pleasant. But later, when I tried to **release** again, I kept getting **stuck**. The **desire** for **control** suddenly came up.

Wind 2020-10-23 21:04:39

But if I make additions, others will follow suit, and gradually this **original process** will be damaged.

So, stay pure.

Even the things I use, I don't recommend adding to the **original process**.

I 2020-10-23 21:06:49

[Strong]

Wind 2020-10-23 21:07:15

*6. Each time you use the Method, you are lighter and happier. If you **release** continually, you'll be continually lighter and happier.*

Sixth Step: Each time you **release**, you become lighter and happier. If you **release continuously**, you will become increasingly lighter and happier.

Wind 2020-10-23 21:07:20

The **Sixth Step** is this.

Not my question.

Use this.

2020-10-23 Once you completely release it, a thought will proceed exactly as you want.

Wind 2020-10-23 21:13:47

Once you completely **release** it, a thought will proceed exactly as you **want**.

?? 2020-10-23 21:13:53

===== Page 219 [text layer] =====

213

Understand it like this.

Wind 2020-10-23 21:13:56

Anything is like this.

No exceptions.

I 2020-10-23 21:14:47

If you really **release** these, why use stocks to make money?

Wind 2020-10-23 21:14:55

But if your goal is money, you might not **want** to do stocks.

But I tried **controlling** the stock market once. I experienced it.

I didn't have a penny in the stock market.

Purely to test this principle.

For fun.

The stock market followed my wishes for two consecutive days.

Until I let it go.

Wind 2020-10-23 21:16:46

Also, traffic flow.

Everything, when you have completely **released** on it, you will be free.

Little Sun 2020-10-23 21:17:23

Including **wanting** to do well in an upcoming exam? **Release** the **wanting control** and **approval** behind **wanting** to do well? Then things will happen?

Wind 2020-10-23 21:17:35

Freedom means "*a mere thought and it happened.*"

Hui Xuan 2020-10-23 21:17:53

@Wind? Someone owes money and won't pay back. Can I get it back?

Wind 2020-10-23 21:17:57

Yes.

*Get everything and anything by **releasing** only.*

This is a guideline given by Lester Levenson.

He also has a saying.

Every impossible, no matter how impossible, becomes immediately a possible as you completely released on it.

Wind 2020-10-23 21:21:03

Test it on everything.

From small things to big things, obtain everything through **release**.

This is also a powerful guideline given by Lester Levenson for implementing the **Six Steps**.

===== Page 220 [text layer] =====

214

Wind 2020-10-23 21:23:49

Yes, **release** all feelings about it.

Wind 2020-10-23 21:25:20

Release all feelings about it.

This teaching is in *The Way*.

Beautiful Life 2020-10-23 21:27:31

@Wind? After **releasing**, once you have a thought, doesn't that create a **want** again?

Otherwise, how can what you **want** be realized?

Wind 2020-10-23 21:27:36

You can read more.

Wind 2020-10-23 21:30:13

Lester Levenson: *I won't give you any more guidance right now. I've already given you too much. How do you feel? So far, how do you feel about what I've given you? This is key. The first is that you **want** freedom more than you **want** the world. The second is to get all your happiness from within through **release**. The next is to make the decision to be free, and then do it. The next is to **release** the fear of death directly — this is the most difficult one for you, because you feel that if you **release** it, you will die. The next one is, from now on, get everything you **want** just by **releasing**. I think this is my favorite one. From a practical perspective, it will bring you more than the other guidelines. Do you know why? You will **release** in every moment. Because your **wants** are overloaded, **wanting, wanting**. How successful are you at this? From now on, get everything you **want** just by **releasing**? Has this worked for any of you? Anything you **want** now, you **release** it and let it come into your experience. Who has experienced getting everything you **want** just by **releasing**? Anyone? Everything! Everything means everything. Do you **want** to say something?*

Wind 2020-10-23 21:32:04

Lester Levenson: **Release** its bad part, it will remain eternally. Or, **release** one thing: the fear of death, that will take care of everything. ? Just one thing! There is only one thing you need to **release**! ? The fear of death. Aren't you going to do it? You can find yourself omniscient and omnipotent. You can have anything you **want** with an effortless thought. You can materialize things, you can dematerialize, you can teleport, you can talk about the past, or talk about anything you **want**.

Wind 2020-10-23 21:32:36

Yes, that's the way it is.

Wind 2020-10-23 21:36:42

Everyone, don't limit this method. Use it to its fullest.

I'm going to **release**. Good luck.

Wind 2020-10-23 21:40:09

If there are no more questions about the **Six Steps** and the method, then I'll go into retreat.

===== Page 221 [text layer] =====

215

Wind 2020-10-23 21:41:14

After guiding a few more friends I promised to guide tomorrow.

2020-10-23 The only thing hindering your freedom is that you don't want it.

Minnie 2020-10-23 21:42:04

Will children and family members affect one's progress towards freedom?

Wind 2020-10-23 21:42:07

No.

Lester Levenson said *the only thing hindering your freedom is that you don't **want** it.*

This is the only obstacle.

Minnie 2020-10-23 21:44:00

How to understand this sentence? Through the **Release Method**, you will know how you should make money.

Wind 2020-10-23 21:45:59

If you can have abundance directly, do you need to do anything first?

Mary Hai 2020-10-23 21:46:45

Everyone should really watch the 1992 teaching videos, and follow the instructor's guided exercises in them.

Wind 2020-10-23 21:46:50

@I am infinite Group owner, do you still need me to explain or contribute anything?

Mary Hai 2020-10-23 21:46:54

I just followed along and it was effective.

Wind 2020-10-23 21:46:57

If not, I plan to go into retreat tomorrow.

I am infinite 2020-10-23 21:48:23

@Wind The key is that I haven't had many successful **release** experiences myself. My doubts are about gone. I can't think of anything to ask even if I wanted to.

Wind 2020-10-23 21:49:39

Following the course is certainly possible.

It's the course designed by Lester Levenson.

I am infinite 2020-10-23 21:50:08

If a feeling pops up, obviously some energy, but I don't know what it is. What's this situation?

Wind 2020-10-23 21:51:03

You mean you can't identify it?

Wind 2020-10-23 21:51:41

Lester Levenson: *No, now you are confusing what I said. So now you are descending, lowering to the elementary school form of **release**. I am trying to keep you at the graduate level. I am taking you out of middle school, high school, college, and placing you at the graduate level. **Release** the **stuck** feeling, see how much you **want to change** those things — like I told you.*

*Just **release** the **stuck** feeling, or even the vague, unclear feeling. You may not even be able to see it because you are trying to avoid it, or at least **want to change** this vague,*

unclear feeling — whatever it is. After it leaves, you will have the ability to approach the fear of death again.

I am infinite 2020-10-23 21:52:07

It feels like I can't identify it, but it also feels like I don't need to identify it. I also can't feel what's behind this feeling. Anyway, it just pops up.

===== Page 222 [text layer] =====

216

Wind 2020-10-23 21:52:07

A vague, unclear feeling, you **release** the **wanting to change** regarding it.

It becomes clear.

Every present feeling is **wanting control** and **wanting approval**.

If you can't identify it, it's a vague, unclear feeling.

Release the **wanting to change** regarding it, and it becomes clear.

Once clear, you can perceive whether the current feeling is **wanting control** or **wanting approval**.

Then you can continue **releasing**.

I am infinite 2020-10-23 21:54:02

I just tried **releasing wanting control**, and it suddenly became clear. It felt a bit like hunger.

But I just finished dinner.

If I just perceive this feeling becoming clear, but still can't perceive whether it's **wanting control** or **wanting approval**, does that mean it's not clear enough?

Wind 2020-10-23 21:55:09

Yes.

As long as it's not clear, there is a **wanting control**.

Any situation during **release** can be handled within the **Six Steps**.

So don't use methods outside the **Six Steps**.

The **Third Step** is to perceive that all feelings are **wanting control** and **approval**, and **release** them.

If you can't do this step, you are **stuck**.

Apply the **Fifth Step**.

I am infinite 2020-10-23 21:58:16

Is it "*coming from*" **wanting control** and **approval**, or is it itself **wanting control** and **wanting approval**?

Wind 2020-10-23 21:58:33

If you can't **release** continuously, you are also **stuck**.

It is driven by **wanting control** and **approval**.

In the course, the instructor says, "*When your feelings emerge, don't suppress your feelings, but put more attention on your wants.*"

That is, when **releasing**, you allow feelings to surface, but pay more attention to your "*wanting*."

This is the **Third Step** of the **Six Steps**.

Perceive that all feelings are driven by **wanting control** and **approval**, and **release** them.

2020-10-23 Hunger is a physical sensation, it is already an expression.

I 2020-10-23 22:01:45

I suddenly realized that the feeling of hunger is simply **wanting** to eat... Suddenly, I have a little perception of **wanting** to eat. But this feeling is very strong, constantly emerging inside.

Could it be that I suppressed it in the past when I was hungry?

Wind 2020-10-23 22:02:11

Hunger is a physical sensation.

This is already an *expression*.

It is a result.

===== Page 223 [text layer] =====

217

When you **release wanting control**, you can turn off the hunger at any time.

I 2020-10-23 22:03:01

The key is that I just finished eating. I don't know why this suddenly emerged.

Wind 2020-10-23 22:03:23

Yes, pay attention to this **wanting control**, then **release** it. Anger will subsequently dissipate.

Again, physical sensation is a result, already an expression.

So, I find that many people **release** physical sensations. This is not the **Release Method**.

Wind 2020-10-23 22:04:35

The **Release Method releases feelings**, which are emotions, and the cause driving emotions — *wanting*.

When you **release** these causal-level things, the physical sensations, which are result-level things, will **change**.

If you work on the result — **releasing** physical sensations — you will face many difficulties. Because you cannot **change** the pose by hitting the person in the mirror.

I 2020-10-23 22:09:01

I somewhat realize that this feeling of hunger was probably suppressed before. After I **released** a little **wanting control**, it automatically surfaced and expressed itself. That is, if the body is used to suppressing feelings, you can also **release** the **wanting control** regarding it, letting it surface.

Wind 2020-10-23 22:09:28

Yes, and there are many painful physical sensations.

This will happen.

When you **release** the *fear of death*, it will bring them out.

But the focus is not on **releasing** the physical sensation, but on your emotions and basic **wants** towards it.

Wind 2020-10-23 22:11:10

Student: *Once I tried to **release** this fear of death, and it brought out some very heavy physical pains. So I must have done something wrong, but it took a long time to resolve.*

Lester Levenson: *You didn't **release** it; instead, you expressed it in the body. You are letting your body move towards death. Pain points towards death. So, you didn't **release** it; you let it express in the body.*

Wind 2020-10-23 22:11:14

@I am infinite? Look at this.

Pain is actually the result of the *fear of death* being expressed in the body.

That is, if you suppress the *fear of death*, it will be expressed in the body, forming painful physical sensations.

I 2020-10-23 22:12:12

Right.

Wind 2020-10-23 22:12:24

But if you **release** the *fear of death*, it will subsequently dissipate.

===== Page 224 [text layer] =====

218

So, don't do anything outside the **Six Steps**.

Besides **wanting control** and **wanting approval**, and the subsequent surfacing of the *fear of death*, you don't need to **release** anything else.

Because everything is a result of these three.

If you **want to change** pain, **release wanting to change (control)**.

This is the **Third Step**.

If you perceive the *fear of death*, **release the fear of death**.

If you perceive **wanting approval**, **release wanting approval**.

The **Six Steps** are simple and easy.

For physical sensations, you don't need to suppress them, nor do you need to specially feel them.

If physical pain occurs, you should pay attention to your emotions and "*wants*" towards it at that moment.

I 2020-10-23 22:18:35

I find that I can already **release wanting control**. My extremely **controlling** state has started to relax.

Zhen Ru 2020-10-23 22:18:48

If **releasing** on my own, should I change "*Can you let it go?*" to "*Can I let it go?*"

Wind 2020-10-23 22:19:01

Yes, you can **change** it like that.

I 2020-10-23 22:21:15

You mentioned it a month ago, but it's only today that I truly mastered the **original Release Method** you talked about. @Wind

Yan 2020-10-23 22:21:31

I understand. The point is not the physical sensation, but **releasing** the hidden emotions and **desires** behind it. No wonder this afternoon, when I **released** the *fear of death*, I immediately felt hungry. [Grin]

I 2020-10-23 22:21:57

Before, I only knew about it, but the past habitual things kept interfering. Today it finally became completely clear.

Wind 2020-10-23 22:21:57

There are many scattered theoretical foundations here.

In Lester Levenson's audios.

But in the end, it all comes back to the **Six Steps**.

I 2020-10-23 22:22:34

@Qing Feng Now I generally kick directly, no longer **wanting to control**.

Beautiful Life 2020-10-23 22:22:34

@Wind? Physical pain feels very hard to **release**. Can you elaborate?

Wind 2020-10-23 22:22:37

However, just looking at the **Six Steps**, people easily misunderstand.

No need to **release** physical pain.
It is a result.
If you **release** the **wanting control** regarding it,

===== Page 225 [text layer] =====

219

Wu Xin 2020-10-23 22:23:19

Before **releasing approval** and **control**, the *fear of death* generally won't come out, right?

Wind 2020-10-23 22:23:27

It will be corrected immediately.

Wind 2020-10-23 22:23:48

Yes, it will come out occasionally, but not often.

I 2020-10-23 22:24:08

Regarding physical pain, I find that as soon as I **release** the **wanting control** regarding it, it immediately starts to relax.

2020-10-23 During his retreat, Wind clearly saw that the Six Steps can lead to the final goal.

Wind 2020-10-23 22:24:18

Before my retreat, I wasn't completely clear on the **Six Steps** either.

But during the retreat **release**, the **Six Steps** took me a long way.

Beautiful Life 2020-10-23 21:24:41

@Wind After **releasing control**, will the disease automatically disappear?

Wind 2020-10-23 22:24:44

I clearly saw that they can lead to the final goal.

Once all psychological feelings about it are **released**, it won't be expressed on the body.

Pain is the result of the *fear of death* being expressed in the body.

I am infinite 2020-10-23 22:25:50

In the **advanced class**, Lester Levenson says you can directly **release** the *fear of death*.

Just need to continuously **release** the **stuckness** on the *fear of death*, and the *fear of death* will come out directly. Is that so? @Wind

Wind 2020-10-23 22:06:02

Use the **Six Steps**.

This is the **original Release Method**.

It should be said that this is actually the true **Release Method**.

Wind 2020-10-23 22:26:41

Adding the word "*original*" is just to distinguish it from many modified methods.

Beautiful Life 2020-10-23 22:26:53

@Wind After **releasing** the feeling of hunger, don't need to eat?

Wind 2020-10-23 22:26:59

Yes, but it has a prerequisite. You need to **release** enough **wanting control** and **approval**.

What you **release** is not the feeling of hunger.

The feeling of hunger is a physical sensation, already a result.

Vanilla Ice Cream 2020-10-23 22:28:03

Seeing the conversation between Wind and the group owner just now, I further understood Lester Levenson's words: "*You are not the body,*" "*Identifying with the body is being limited,*" etc. The body only expresses the created results of the **mind**. It is merely a creation.

Through **release**, the body and external circumstances can **change** dramatically at any time.

Wind 2020-10-23 22:28:14

You need to **release** its cause: the psychological feelings — and the **wanting control** and **approval** that drive them — and the "*fear of death*" that drives **wanting control** and **approval**.

===== Page 226 [text layer] =====

220

The **desire** to survive is the *fear of death*.

The *fear of death* is a term Lester Levenson often uses.

Wu Xin 2020-10-23 22:29:08

After learning the **Release Method**, when you **want** to start **releasing**, where do you begin? Do you start with something you **want to change** next, like money relationships, or **wanting to change** myopia, etc., or do you directly enter **continuous release**?

Wind 2020-10-23 22:29:35

So, just need to **release** three things.

No need to do anything outside the **Six Steps**.

Start **releasing** from the current feeling.

This is the **Third Step**.

If you strongly **want** money right now, this feeling is very strong, then you can **release** it.

Eating is not necessary.

I remember in the first week of **release**, each **release** brought forth huge energy.

Later, not only did I not need sleep, I also only needed one meal a day.

By the second week, I no longer needed to eat.

I even needed to run a lap on the overpass every day to consume this continuously surging energy.

Why ask me about things after freedom? I don't know.

I only resumed eating a little in the last few days.

I am infinite 2020-10-23 22:35:12

What is the specific feeling of **wanting control**? For example, I just perceived that I **want to release**. This *wanting* is **wanting control**. No need to continue perceiving? @Wind

Wind 2020-10-23 22:35:33

Have you **released** it?

After perceiving, have you **released** it?

I am infinite 2020-10-23 22:35:59

No. As soon as I perceive, I find it automatically shrinks back.

Wind 2020-10-23 22:36:08

That is being **stuck**.

Release stopping is being **stuck**.

You **want to release**, but **release** stops. This is called **stuck**.

I am infinite 2020-10-23 22:36:49

This has been happening a lot today. Very few successful **releases**.

Wind 2020-10-23 22:37:10

That means the "**wanting control**" program has surfaced.

This is exactly the time to **release** it.

The more **stuck** you are, the more you need to **release**.

Because this allows you to undo the program causing the **stuckness**.

First, allow yourself to perceive the **stuck** feeling.

Then perceive that you **want to change** it.

Easily allow yourself to perceive that you **want to change** it.

Then it dissipates.

Look again at your current feeling. If it's still **stuck**, then continue allowing yourself to perceive it, and then perceive that you **want to change** it.

===== Page 227 [text layer] =====

221

Then, the **wanting to change** will continue to leave.

Because a lot has been suppressed, you need to **release** continuously.

But if you "*continuously release*" the **wanting to change**, and **release** it cleanly, this **stuck** program will completely disappear and never appear again.

In the future, most of the **release** process will be very smooth, and you won't get **stuck** again.

Doesn't that sound great?

Stuckness might still appear once or twice, because some **stuck** programs are suppressed very deeply.

Zhen Ru 2020-10-23 22:42:05

@Wind What you mean by **wanting to change**. Does it mean **wanting to change** the thought of **releasing**, (the thought causing the **stuckness**)?

Wind 2020-10-23 22:42:20

But it won't be a norm anymore.

Not a thought, it's the *tendency* of "*wanting*."

I am infinite 2020-10-23 22:43:22

So **wanting control** is also a *tendency* of *wanting*. Perceiving this *tendency* and **releasing** it is **releasing wanting control**?

Wind 2020-10-23 22:43:48

Yes.

Wants are just a *tendency*.

Why are they easily perceived?

Because they are just a *tendency*.

This is why I try to use the word "*wanting*" in my recent guidance.

Instead of "*desire*."

Desire has too many conceptual things given by our **minds**.

Some are moral things.

It sounds like something you need to analyze.

But the "*wanting*" in the **Release Method** simply refers to a *tendency*.

I am infinite 2020-10-23 22:47:10

This is so important. Before, I was always confused about what **wanting control** really is.

Gratitude Everything 2020-10-23 22:47:36

I feel like life is just **wanting approval**, **wanting control**. So much.

Wind 2020-10-23 22:47:39

It's the *tendency* of what you **want** to do right now.

The world is **wanting control** and **approval**.

Wanting control and **approval** = world.

I am infinite 2020-10-23 22:48:03

This *tendency* is pushed by a spontaneous force, right? [Chuckle]

Wind 2020-10-23 22:48:23

Yes, the cause of feelings, the *tendency* that pushes feelings.

This is "*wanting*."

Lester Levenson thinks so too.

Wu Xin 2020-10-23 22:48:51

===== Page 228 [text layer] =====

222

Six Steps 1 First ask about the feeling. Is this feeling always connected to a **desire**?

Wind 2020-10-23 22:49:16

Lester Levenson: Yes, *that's the first step, isn't it the first step of the method? You must want freedom more than you want this world.*

Let me change the wording slightly, but this is indeed how it started. Because it seemed to have no practical meaning for people, we modified it to "You must want freedom more than you want approval and control," because approval and control equal this world.

Wu Xin 2020-10-23 22:49:39

If there is no feeling, can you **release desires** directly?

Wind 2020-10-23 22:50:21

No feeling means your feeling is vague and unclear.

Wu Xin 2020-10-23 22:50:58

Feelings are necessarily connected to **desires**.

I am infinite 2020-10-23 22:51:10

I find that before, I was always looking for the feeling within the words "*wanting control*." Now I realize this point. Actually, I need to perceive the *tendency* of my *wanting*.

Wind 2020-10-23 22:51:19

Not connected. As long as there is a feeling, there will be a *tendency*.

Because without "*wanting*," there would be no feeling.

These basic concepts may not have been clearly explained before, so I also took some detours.

Wanting = tendency is also something Lester Levenson said in an audio.

Basic *tendencies* = **wanting control** and **approval**.

I am infinite 2020-10-23 22:54:04

After clarifying this concept, I find **releasing** is much better. Just now I **released** a *tendency* regarding the feeling of not having **wanting control** [chuckle].

Directly perceive it, no need to search everywhere.

Chloë 2020-10-23 22:55:41

I thought I had **released** to the point of having no feeling.

It turns out that having no feeling means your feeling is vague and unclear.

Wind 2020-10-23 22:56:07

It's not **releasing** to the point of no feeling.

Because if you truly had no feeling, your experience would be very wonderful.

It is a constant feeling of *oneness*, pure love will emerge.

Because your **infinite existence** is that wonderful.

If you don't have this wonderful feeling, it means you still have many suppressed feelings.

You have just suppressed them, avoided feeling them, not **released** them.

OTHERNESS 2020-10-23 22:56:01

For many things I don't **want to change**, should I **release** the **control** to stay put? Or **release approval** of laziness? @Wind

Wind 2020-10-23 22:58:21

Release the feelings that keep you stagnant.
The current feeling.

===== Page 229 [text layer] =====

223

Many people, even after listening to the recordings, neglect this.
I have listened many times, can almost recite all of Lester Levenson's teachings. During practice, I suddenly remember these, and they correspond.
After applying the **Six Steps**, the path unfolds before me, very clear.
So, regarding questions about the **Release Method**, I am sure there is nothing I cannot explain clearly now.

Zhen Ru 2020-10-23 23:03:28

Once you find the *tendency*, observe it, ask if it can leave? Is that **release**?

Wind 2020-10-23 23:04:04

Once you perceive it, there is a natural *tendency* to let it go.

Wind 2020-10-23 23:04:11

You may not even have time to ask.

Fang Fei 2020-10-23 23:04:12

Teacher Wind, the **Six Steps** only mention "**wanting control and approval**," not the **desire** to survive, this third **want**.

Wind 2020-10-23 23:04:14

It leaves.

This will surface automatically, so there is no need to deliberately operate it in the steps.
Lester Levenson talks about this in *The Way*.

Vanilla Ice Cream 2020-10-23 23:04:58

Actually, a week ago (around the 15th), when I first finished reading *The Way 1 & 6*, I focused on **releasing** the word "*wanting*." I really "*knew*" that "*wanting equals lack and limitation*." Unfortunately, I was back home with many things to do, so this **release** was only done before sleep and after waking up. But this **release** was very important to me. It made my subsequent **releases** quite smooth. If I have the chance, I will continue to **release** "*wanting*."

Zhao Yan 2020-10-23 23:05:19

@Wind Has the amount you **released** in these two weeks exceeded that of the past two years?

It's not a matter of quantity.

It's a matter of inertia.

Release is like an airplane taking off. If you run and stop, you'll never take off.

Only by charging forward all the way can you accelerate to the point of taking off.

Qing Xi 2020-10-23 23:07:21

@Wind Just perceive the *tendency* of *wanting* and **release** directly.

Without perceiving whether it comes from **wanting approval** or **wanting control**. Is this operation feasible? If not, why?

Wind 2020-10-23 23:07:45

You need to perceive clearly to **release**.

When it surfaces, you will directly perceive it.

Then there will be a natural *tendency* to let it go.

Yi Tian 2020-10-23 23:11:49

@Wind The key to **release** is the ability to perceive, right?

Wind 2020-10-23 23:11:57

No.

It's the process.

No matter how good your perception ability is, if you perceive something else when the process requires you to **release wanting control**, you will get **stuck**.

===== Page 230 [text layer] =====

224

Zhao Yan 2020-10-23 23:13:48

@Wind How to **release** when others owe you money, you owe others money, fear of money, no money, fear of spending money?

Ming-Kong 2020-10-23 23:14:00

Do you **release** only when feelings and emotions come? Or do you constantly perceive and actively ask about the current feeling to go through the process? @Wind

Wind 2020-10-23 23:15:28

Actively use the process.

Don't do anything outside the **Six Steps**.

Yi Tian 2020-10-23 23:16:12

When you perceive **wanting control**, do you need to make the *decision* to let go of **control** to **release** it? Or will it leave on its own? @Wind

Wind 2020-10-23 23:16:15

Release the feelings about this matter.

It will have a natural *tendency* to leave, often leaving on its own.

But if you think that just perceiving is enough, you will get **stuck**.

Zhao Yan 2020-10-23 23:16:56

Do you need to **release** one thing at a time, one person at a time?

Zhen Ru 2020-10-23 23:17:06

@Wind Is the goal of **release** the *tendency* to **control**?

Wind 2020-10-23 23:17:15

Not **releasing** things one by one, but **releasing** feelings one by one.

You need to consciously perceive your feelings, and the **wanting control** and **approval** they *stir up*.

Yi Tian 2020-10-23 23:18:09

That is, the key point of **release** is to be able to perceive that "*wanting*"?

Wind 2020-10-23 23:18:16

After you complete one round of the process and **release** an emotion or **desire**,

The key point of **release** is the process.

I can't say it's perception.

Because perception is something easily confused.

2020-10-23 What is the difference between releasing and observing?

Great Simplicity 2020-10-23 23:19:22

@Wind What is the difference between **releasing** and *observing*?

Wind 2020-10-23 23:19:35

When you *observe*, do you **want control** or **want approval**?

I am infinite 2020-10-23 23:19:59

Perceiving and **releasing** is, with the purpose of **releasing**, perceiving the *tendencies* that need to be **released**, then using the process to **release**.

Great Simplicity 2020-10-23 23:20:27

That is, not participating, just *observing*. @Wind

Wind 2020-10-23 23:20:27

Many people say: I just "*observe*."

It means placing oneself in the perspective of an "*observer*."

But this is a pretence.

===== Page 231 [text layer] =====

225

Because you are still **suppressing** feelings.

The driving forces are still operating deep within you.

Wanting control and **approval** are still driving you.

Great Simplicity 2020-10-23 23:21:54

May I ask what is the essential difference between the two?

Wind 2020-10-23 23:22:07

One is **suppression**, the other is **release**.

Yi Tian 2020-10-23 23:22:39

Perceiving "*wanting*" and feeling "*wanting*" are indeed somewhat different.

Wind 2020-10-23 23:22:55

Not like this.

What I want to say is not this kind of semantic difference.

But the necessity of the process.

Wind 2020-10-23 23:23:10

The necessity of the process.

Great Simplicity 2020-10-23 23:23:33

I understand *observation* as natural non-action. **Suppression** still involves action.

Wind 2020-10-23 23:23:34

If you don't use this method to perceive the *tendency* of *wanting* and let it leave, you will get **stuck**.

You cannot achieve non-action this way.

Lester Levenson said there are two kinds of non-action.

One is the lowest state, apathy.

This is being so suppressed that you cannot move.

The other is the highest state, tranquility.

That is, everything is perfect, **infinite**, nothing needs to be **changed**.

Which one do you think you would be in if you now deliberately tried to achieve non-action or letting things be?

Lester Levenson has a better summary.

*"The method is simple, the method is easy. Let the feelings surface, [perceive] they are **wanting approval** or **control**, then let them out. **Follow through with the six steps of this method. It will take a few months to clear out all your garbage.**"

-- Lester Levenson

Wind 2020-10-23 23:27:18

The focus of the **Release Method** is, of course, still **continuous release**.

Yuan 2020-10-23 23:27:24

I also feel like this. Is this feeling **wanting control**? @Wind

Wind 2020-10-23 23:27:24

Not continuous *observation*.

Perceive your current feeling.

Then perceive that it is **wanting control** or **approval**.

Then **release**.

Qing Xi 2020-10-23 23:30:41

===== Page 232 [text layer] =====

226

Perceiving **wanting control** or **approval**, just perceiving the *tendency* of *wanting*. No need to perceive what content the **wanting approval** is about? What content the **wanting control** is about? Regardless of the content of **approval** or **control**, right? @Wind

Wind 2020-10-23 23:31:23

Yes.

Do you think there must be content?

Wind 2020-10-23 23:31:41

No.

This is not how the world is created.

You first create a **mind**. First, there is the *fear of death*, then **wanting control** and **approval**.

Then there are AGFLAP emotions.

Then there are thoughts.

Qing Xi 2020-10-23 23:32:42

Yes. I've always been looking for *what wanting approval* is about? *What wanting control* is about?

Wind 2020-10-23 23:32:43

Then thoughts project the **material world**.

The **material world** then connects into event content.

So, event content is the result.

It is not events that cause the *tendency of wanting*.

It is *wanting* that causes events.

Wanting drives every thought to create the world.

Therefore, if you perceive *wanting*, this is the cause. You don't need to correspond to events.

Qing Xi 2020-10-23 23:35:49

@Wind So that's it. I was completely going in the wrong direction before. **Releasing wanting** is actually letting go at the causal level, right?

Wind 2020-10-23 23:36:07

Wanting is the most fundamental cause.

I have practiced many types of meditation, practiced various methods that emphasize perception. They are really different from the **Release Method**.

Using those experiences to operate the **release** process only creates obstacles.

As long as you **release** to the point where you can only feel pure love towards this matter regardless of how it is, you are free on this matter.

If the feelings are not **released**, these troubling events will repeatedly appear.

Because even if you don't look at it, the creative mechanism still operates in the subconscious.

Wind 2020-10-23 23:38:25

As an aside.

I see three bodies.

At the **causal body** stage, there is no matter. It occurs when there is only "*wanting*."

No matter because thoughts haven't occurred yet.

When thoughts occur, your **astral body** is formed.

It is immediately created with the thought.

And in the **causal realm**, as soon as there is a "*wanting*," it is immediately filled.

Constantly *wanting* and satisfying, *wanting* and satisfying.

Therefore, thoughts cannot develop.

Thus, matter cannot form.

Matter is just the condensation of thoughts, *frozen energy*.

Qing Xi 2020-10-23 23:42:17

===== Page 233 [text layer] =====

227

I don't understand this sentence. Can you explain it in detail?

Wind 2020-10-23 23:42:24

So, **releasing** "*wanting*" truly works at the causal level.

It will directly and powerfully **change** all results.

Vanilla Ice Cream 2020-10-23 23:43:07

Releasing *wanting* is filling the *wanting*. Thoughts will subside, right?

Wind 2020-10-23 23:43:07

The **causal realm**, Buddhism calls it the formless realm. No material form, only cause and effect.

In the **causal realm**, a sense of *lack* is produced and immediately filled.

In the **astral realm**, a sense of *lack* is produced, some thoughts develop, and then things are created to fill it.

In the **material world**, because thoughts are condensed, creation is delayed, leading to creation not being immediate. Thus, complex connections arise.

This causes "*wanting*" to be delayed unsatisfied.

Releasing *wanting* directly terminates *lack*.

Qing Xi 2020-10-23 23:46:12

"*Filled*" here, does it mean either filled by thoughts, or filled by material manifestation, is that right?

Wind 2020-10-23 23:46:27

No, it's **releasing** identification with all three bodies.

The **mind** becomes completely quiet.

What remains is **infinite existence**.

Cause and effect is constant action and reaction.

Vanilla Ice Cream 2020-10-23 23:47:34

@Wind Got it. I feel this is a shortcut for **release**. I will deepen my **release**.

Wind 2020-10-23 23:47:42

Because you have a basic sense of *lack*, a *tendency* of *wanting*, it will develop things.

And this development is gradually complexified.

The causal relationships in the **causal realm** are very simple.

A basic *tendency* is immediately filled, like a chain reaction.

The causal relationships in the **astral realm** are slightly more complex. It needs to develop into thoughts, and thoughts are patches of images.

Zhen Ru 2020-10-23 23:49:21

Once *wanting* is **released**, does the **mind** disintegrate?

Wind 2020-10-23 23:49:21

Therefore, very subtle matter is formed.

Vanilla Ice Cream 2020-10-23 23:49:28

Once *lack* is terminated, abundance operates effortlessly.

Wind 2020-10-23 23:49:29

Lester Levenson says it's photons in physics.

Yes.

Hai 2020-10-23 23:49:48

This world manifests too slowly, so you can't see the true causal relationships. The **mind** makes things up, creating this world.

===== Page 234 [text layer] =====

228

Wind 2020-10-23 23:49:54

Yes, the complexity of the **material world** is due to the delay in action and reaction.

You can't see the direct cause.

I am infinite 2020-10-23 23:50:32

But awakening is faster in the **material world**, right?

Wind 2020-10-23 23:50:39

Therefore, in the early days, Lester Levenson also taught a method. Those who have read "*The Ultimate Freedom*" should know it.

That is, discover "*the thought corresponding to creating this event.*"

Yes.

Because the sluggish and coarse nature of this world provides a stronger motivation to become free.

This motivation is your **desires** and *tendencies*. But the key issue is which direction you steer.

Towards freedom or towards the world (limitation)?

Vanilla Ice Cream 2020-10-23 23:52:51

Wind, your **release** is so thorough. Learning from you feels very easy and relaxed. So happy [naughty].

Wind 2020-10-23 23:53:21

In the early days, Lester Levenson asked people to find this thought in the subconscious, let it surface, and discard it.

But later he found this didn't work.

This method was too slow.

The best way to **release karma** is the **Release Method**.

Release control and **approval**, **release** the *fear of death*.

Directly **release** the driving force.
This **releases** thousands of thoughts.
During this retreat **release**, I saw the complete route.
Before, I only knew about it theoretically.
Now I am clearer and more certain about these.
The **Six Steps** are not something that can be casually changed.
They are like the Buddhist "*Seven Factors of Enlightenment*."
They are the complete path.
The **Six Steps** are the only thing in the **Release Method** you need to pay attention to.
I still cannot completely do without the **mind**.
But now I indeed do not speak with any beliefs or guesses.
I only say what I "*know*."
Only speak about things I directly and certainly know, not things understood through some theory.

Vanilla Ice Cream 2020-10-24 00:03:47

This is a kind of inner certain knowing.
Oh my! Only someone determined to be free could focus and chat for so long. I don't know if it's over 3000 messages.
What's it like for people climbing the stairs later? I'm very glad I've been immersed here, absorbing it very well.

Wind 2020-10-24 00:10:38

[Chat log between Wind and Yi Tian]

Seven Factors of Enlightenment.

This is not the **Release Method**. Just take a casual look.

===== Page 235 [text layer] =====

229

Vanilla Ice Cream 2020-10-24 00:12:13

@Wind I feel like you have a photographic memory, right?

Wind 2020-10-24 00:12:46

Yes, I have a photographic memory.

I am infinite 2020-10-24 00:13:14

When did you acquire this ability? Was it after **releasing**? @Wind

Wind 2020-10-24 00:13:14

No.

Vanilla Ice Cream 2020-10-24 00:13:42

It should be innate.

Wind 2020-10-24 00:14:03

I had a photographic memory very early on.

It should be the result of meditation. I practiced Pa Auk meditation and reached the second Jhana.

Cultivating concentration can give you a photographic memory.

This is not a great ability.

Qing Xi 2020-10-24 00:17:19

@Wind I also want to ask, ultimate reality has no cause and effect, right? Cause and effect are still within duality, not transcended? I was previously confused about this point.

Wind 2020-10-24 00:17:30

Yes.

I am infinite 2020-10-24 00:17:37

@Wind When did you start learning meditation? During school? Why were you interested in these things at such a young age?

Vanilla Ice Cream 2020-10-24 00:18:18

I don't have a photographic memory, but when needed, I can recall some things I didn't originally remember. Haha, it's still enough [Grin].

Wind 2020-10-24 00:18:31

A Theravada meditation method.

Vanilla Ice Cream 2020-10-24 00:20:33

What year did Lester Levenson pass away? Wind is born in 1995... but this is off-topic...

Zai Liao Shi Liao 2020-10-24 00:28:18

Teacher Wind, is it because I haven't **released** emotions enough that I can only trace back to AGFLAP? For some emotions (like lust, guilt), I can't find the **wanting approval**. Do I need to practice **releasing** feelings first before entering the **release** of **approval** and **control**? Or do I need to study Lester Levenson's teachings more? @Wind

Wind 2020-10-24 00:28:56

Practice.

If you haven't experienced it, you may not understand Lester Levenson's words.

2020-10-24 Seven Factors of Enlightenment.

Yi Tian 2020-10-24 00:02:35

Can you tell me about the "*Seven Factors of Enlightenment*"? I gave up Buddhism because I didn't understand them.

Wind 2020-10-24 00:05:11

"Venerable! What is called understanding, understanding? Venerable! What is understanding? What is following understanding? Bhikkhu! Knowledge of suffering, knowledge of the origin of suffering, knowledge of the cessation of suffering,

===== Page 236 [text layer] =====

230

knowledge of the path leading to the cessation of suffering. This is called understanding; one who is thus is called one who follows understanding."

Truly knowing the Four Noble Truths is called understanding. One who does this is called one who follows understanding.

The enlightenment factor of mindfulness is achieving "*understanding*" and "*eliminating ignorance*."

Understanding, also called *clear seeing*, also called *noble wisdom*. Therefore, the enlightenment factor of mindfulness corresponds to the first three truths of the Four Noble Truths: suffering, origin, cessation.

But the path truth is in the enlightenment factor of investigation.

Yi Tian 2020-10-24 00:07:05

Four Noble Truths.

Understanding is seeing the Noble Eightfold Path arise.

Yi Tian 2020-10-24 00:07:27

What exactly is *investigation*?

Wind 2020-10-24 00:08:25

It is, in every choice, knowing what leads to the cessation of suffering. Therefore, all your actions of body, speech, and **mind** correspond to liberation. Knowing "*which choices lead to the cessation of suffering*" is seeing the "*path truth*." Seeing it, you know how to act. This is practicing the "*supramundane Noble Eightfold Path*."

Corresponding.

The *supramundane Noble Eightfold Path*, after gaining *understanding* and eliminating ignorance, is like having a bright lamp in a dark room, seeing the right direction.

Yi Tian 2020-10-24 00:09:08

I understand now!

Wind 2020-10-24 00:09:30

After **releasing**, I understand all methods.

Yi Tian 2020-10-24 00:09:48

I intuitively feel that the **Release Method** is the true Dharma.

Wind 2020-10-24 00:09:53

Including which methods are correct Dharma and which are incorrect.

The Noble Eightfold Path has two types. The one leading to wholesome destinations is the worldly Noble Eightfold Path. The one leading to the complete cessation of suffering is called the supramundane Noble Eightfold Path.

2020-10-24 Wanting freedom means wanting to be free from all limitations, all feelings.

I am infinite 2020-10-24 02:45:33

Suddenly, I thought I could try just perceiving, no longer **releasing**. This way, I can cure my bad habit of habitually **controlling** and habitually forcing **release**.

After a while, this inertia should get better.

Wind 2020-10-24 02:47:26

I think it's better not to do this.

This is also **wanting control**.

If you don't face that **stuckness**, you are letting it operate you.

Use the **release** process to deal with habits.

Don't do anything outside the **Six Steps**.

"*Just perceiving*" will result in maintaining superficial calm.

This is also being **stuck**, **stuck** inside, just that you refuse to look at the **stuck** feeling.

===== Page 237 [text layer] =====

231

Don't fear the habit of **stuckness**. Allow it to surface to **release** it.

I am infinite 2020-10-24 02:53:02

Right, thinking about it, that's true.

I'm so worried I can't even sleep because of this **stuckness**.

I **want to change** too much, including **wanting** to break through in the **Release Method**.

Wind 2020-10-24 02:55:01

When the **stuck** feeling emerges, you have a strong *tendency* to **want to change** it.

I am infinite 2020-10-23 02:55:23

Yes.

Wind 2020-10-24 02:55:25

Your thoughts at this time are driven by that **wanting to change**.

Any attempt by the **mind** to modify the process is due to this reason.

Can you solve inertia by **suppressing**?

Not facing the **stuck** feeling is **suppressing** it back.

I am infinite 2020-10-24 02:57:15

Right. Still need to follow the process to **release**.

Yi Tian 2020-10-24 02:58:01

As soon as a "*wanting*" arises, does it mean you have already forgotten your **infinite nature**? @Wind

Wind 2020-10-24 02:58:21

This expression is not good.

Because your **wants** are suppressed.

Through the process, they actually continuously surface.

I am infinite 2020-10-23 03:00:15

Indeed, describing it like this has a bit of **wanting to control** the *wanting*.

Wind 2020-10-24 03:00:16

@I am infinite Inertia is just a feeling driving it.

A program.

Programs are feelings.

Return to the **Third Step** of the **Six Steps**.

All feelings are **wanting control** and **approval**. **Release** them.

I am infinite 2020-10-24 03:01:45

Okay. I'll go **release** again.

Wind 2020-10-24 03:01:46

The **Six Steps** are the tool that takes us on the path.

Use them to replace the **mind**.

Use them as our **mind**.

I am infinite 2020-10-24 03:01:45

Suddenly realized I still can't recite the **Six Steps** [facepalm].

Memory is **stuck** too.

Wind 2020-10-24 03:03:51

Keep them in hand, keep them by your side.

===== Page 238 [text layer] =====

232

No need to memorize them.

First Step: **want** freedom more than **want approval** and **control**.

If you can't do this, many feelings may not even surface.

If at this moment you **want control** and **approval** more than you **want** freedom, you won't **release**.

At this moment, you must *decide* to **release** that **wanting control** that is sticking you.

Make a *decision* to transcend it.

Allow it to surface and leave.

Then do it again.

Allow yourself to perceive the current feelings. They are **wanting control** or **wanting**

approval. Let them go.

I am infinite 2020-10-24 03:08:10

I suddenly perceived the **desire** to **control** my own constant **stuckness**. Before, I only knew about it but couldn't perceive it [facepalm].

Wind 2020-10-24 03:08:47

You need to *decide* to transcend it to perceive it.

I am infinite 2020-10-24 03:08:57

Could it be that the intention to **release** the **stuckness** isn't strong enough? No *decision* was made because I thought it was too difficult.

Wind 2020-10-24 03:09:17

Because **wanting** freedom did not exceed **wanting control**.

I am infinite 2020-10-23 03:09:19

Just now, when I saw that **wanting** freedom must exceed **wanting** the world, I perceived it.

Wind 2020-10-24 03:08:47

So you let it stay inside.

I am infinite 2020-10-23 03:09:30

Right. So magical.

Wind 2020-10-24 03:09:31

It's really simple.

The answer is in the **Six Steps**.

I am infinite 2020-10-24 03:09:45

This is the first time I truly used the **Six Steps**.

Wind 2020-10-24 03:10:16

You can understand it as "*wanting to release it.*"

If you **want control** and **approval** more than you **want** freedom, you keep it pressed inside.

You won't let it out.

I am infinite 2020-10-24 03:10:40

I feel this **desire** is right there, but before I couldn't see it.

Wind 2020-10-24 03:11:05

Only when you **want** freedom will you allow it to surface.

I am infinite 2020-10-24 03:11:14

Now it's easy to perceive.

So, ensure you achieve the **First Step**.

I didn't emphasize this before.

Because I thought it was common sense.

I am infinite 2020-10-24 03:11:52

===== Page 239 [text layer] =====

233

I didn't even think about it. I just looked at the **First Step**. I didn't even think about whether I could achieve it or not.

Wind 2020-10-24 03:12:23

But Lester Levenson said the **First Step** is the most important step.

Yi Tian 2020-10-24 03:12:31

Wanting freedom means **wanting** to be free from all feelings?

Wind 2020-10-24 03:12:33

So it should be emphasized.

I am infinite 2020-10-24 03:12:46

I couldn't experience it before, but now I really deeply experience it.

Wind 2020-10-24 03:12:50

Be free from all limitations, all feelings.

Wind 2020-10-24 03:13:00

In this context, it's simple. Do you **want** to **release** that **stuckness** now?

If you **want**, you will *decide* to do it.

You will allow it to surface.

Rather than letting the **wanting control** stay inside and operate you.

I am infinite 2020-10-24 03:14:54

Right. I **want** to **release** this **stuckness**.

I'll go try it directly.

Wind 2020-10-24 03:16:08

No step in the **Six Steps** can be ignored.

If one step is not achieved, you will stagnate.

You can't say, *"ignore this step for now."*

Then **release** won't work.

I am infinite 2020-10-24 03:18:26

I had the subconscious that my current **release** wasn't deep enough to need the **Six Steps** at all.

No wonder I never specifically used the **Six Steps**.

Wind 2020-10-24 03:19:15

I'll give a very simple example.

How to use the **First Step**.

When you **want** to talk to someone, suppose you have **wanting approval**.

At this point, you stop **releasing**.

At this point, a **wanting approval** is operating you.

If you remind yourself of the **First Step**: *I want freedom more than want approval and control.*

You can allow this **wanting approval** to surface.

Otherwise, you will go talk and let that **wanting approval** stay inside operating you.

I am infinite 2020-10-24 03:21:19

Right. I somewhat understand this usage.

Wind 2020-10-24 03:23:15

No step is redundant.

So try to thoroughly understand the **Six Steps**.

===== Page 240 [text layer] =====

234

Be completely clear.

Only then can you **release** continuously.

If you have even a shred of doubt about the **Six Steps**, speak up.

Because I am very clear about the **Six Steps** now.

So try to thoroughly understand the **Six Steps**.

Be completely clear.

Only then can you **release** continuously.

If you have even a shred of doubt about the **Six Steps**, speak up.

Because I am very clear about the **Six Steps** now.

2020-10-24 How to use the Second Step.

hai 2020-10-24 03:25:30

@Wind? How to use the **Second Step**?

Wind 2020-10-24 03:26:12

The **Second Step** is just *deciding*.

Make the *decision* to be free.

Decide to use this **release** process to reach freedom.

Sometimes you hesitate.

You'll think, "*Should I release it or not?*"

Or you might **want** to use other methods, like *observation*, like self-inquiry.

hai 2020-10-24 03:27:49

How can I *decide* more resolutely?

Feel like I indeed am hesitating.

Wind 2020-10-24 03:28:02

As long as you don't *decide* to use the **release** process to achieve freedom, you will keep lingering like this.

Then you won't be able to do it.

hai 2020-10-24 03:29:15

The more you **release**, the more determined you become?

Wind 2020-10-24 03:29:20

Wanting freedom and *deciding* to be free can both be done directly.

Just **want** it more.

Just make the *decision*.

hai 2020-10-24 03:30:42

Yes. I feel I understand a bit better.

Wind 2020-10-24 03:30:47

When a **wanting control** or **approval** is operating you, if you are sure that **releasing** it is better than letting it stay inside, it will surface.

For example, you **want** to go play a game now.

===== Page 241 [text layer] =====

235

There's a **wanting control** operating inside.

If you think **releasing** this **wanting control** is more important than **controlling**, you have achieved the **First Step**. It will surface for you to **release**.

Yi Tian 2020-10-24 03:35:57

If you clarify that freedom is inner freedom, then **wanting** freedom actually equals **wanting release**. Because what makes the **mind** unfree are these feelings, emotions, **desires**. Only a **mind** without any feelings, emotions, or **desires** is completely free and at ease.

The **Second Step** is *deciding* to **release**.

The **Third Step** is letting the object of **release** surface and leave.

The **Fourth Step** is **releasing** continuously.

Wind 2020-10-24 03:37:21

Lester Levenson: *Yes, that's the first step, isn't it the first step of the method? You must want*

*freedom more than you **want** this world. Let me change the wording slightly, but this is indeed how it started. Because it seemed to have no practical meaning for people, we modified it to "You must **want** freedom more than you **want approval** and **control**," because **approval** and **control** equal this world. But I think it's better to use "You must **want** freedom more than you **want** the world." If you achieve that, your behavior will then be: turn away from your direction towards the world, focus back on yourself, do what needs to be done to withdraw from the world, and allow your **infinite being** to simply be here. So the first step is you must **want** freedom more than you **want** this world.*

Yi Tian 2020-10-24 03:38:11

Wanting freedom = **wanting release** = **wanting** to be free from all feelings, emotions, **desires**.

Wanting control and **approval** is **wanting** freedom for the body. **Wanting release** is **wanting** inner freedom.

Wind 2020-10-24 03:39:54

No.

Don't interpret it like this.

Yi Tian 2020-10-24 03:40:08

What makes the **mind** unfree? Feelings, emotions, **desires**.

Wind 2020-10-24 03:40:17

Wanting control and **approval** = **wanting** the world.

Wind 2020-10-24 03:40:28

That is, moving in the direction of limitation.

Wind 2020-10-24 03:40:53

There is no freedom in the direction of limitation.

2020-10-24 Can you describe "allowing" in detail?

Zai 2020-10-24 06:13:47

===== Page 242 [text layer] =====

236

@Wind? When you have time, please answer my question: You often mention the word "allow." How is it used at the experiential level? Can you describe it in detail? Is there any deeper meaning? Don't let us overlook it again. I used to just glance over it.

Wind 2020-10-24 06:55:46

It means *allowing* it to be perceived.

Allowing it to leave.

Because feelings themselves also **want** to come out. They are suppressed energy.

So just *allow* them to leave.

Wind 2020-10-24 06:58:56

*"If you don't equate the fear of death with death itself, you can let it out and become free in about one to two weeks. It strives to push itself out, wants to come out and leave, so it is our most suppressed feeling. You have done an extremely good job of **suppressing** and keeping it at the bottom. So last time we focused for the first time on **releasing** the fear of death. I usually avoid it because most people don't **release** it smoothly but get blocked on it. But I think you are ready. If you are as determined as you say you are, you will allow those feelings of fear of death to surface, allow them to leave. Did you notice the word 'allow'?"*

That's how it happens. You no longer hold them down; you allow them to surface and leave. Because it also constantly tries to push itself up and out—every suppressed feeling does this. So when you do it, it's very easy. They surface and leave like waves, until the waves stop, and you are done."

Wind 2020-10-24 06:59:08

Lester Levenson's original words.

2020-10-24 Helping students learn well.

Susan 2020-10-24 07:10:25

Wind, didn't sleep?

Good morning.

Wind 2020-10-24 07:10:38

Yes, no need to sleep.

Good morning.

Susan 2020-10-24 07:10:49

Completely not tired?

Have dark circles? ??

Wind 2020-10-24 07:11:03

Since the last **release**, it's been like this.

Fang Fei 2020-10-24 07:12:28

===== Page 243 [text layer] =====

237

Teacher Wind, can I help my students improve their grades through my own **release**? Make them more motivated and excellent? @Wind

Wind 2020-10-24 07:13:08

Yes.

Nothing is outside of you.

Susan 2020-10-24 07:13:42

My dad is sick. How should I **release** to let him recover?

Fang Fei 2020-10-24 07:13:43

Wow, so magical?

Wind 2020-10-24 07:13:55

Yes.

Wind 2020-10-24 07:14:03

You can let him recover.

Fang Fei 2020-10-24 07:13:43

Wow, so magical?

Wind 2020-10-24 07:13:55

Yes.

Fang Fei 2020-10-24 07:14:35

So, do I need to **release** all my **wanting control** and **approval** when I think about my students' grades? And then send a thought for them to learn well?

Susan 2020-10-24 07:14:41

How exactly do you operate? I completely believe it.

Wind 2020-10-24 07:15:01

Release all your feelings about his illness.

Nothing different.

Fang Fei 2020-10-24 07:15:14

Think of all students together? Or think of them one by one?

Wind 2020-10-24 07:15:23

No need to think.

Release all feelings about this matter.

Fang Fei 2020-10-24 07:15:45

About this matter?

I don't quite understand this point [hug].

So, do I need to **release** all my **wanting control** and **approval** when I think about my students' grades? And then send a thought for them to learn well? Teacher Wind, can you give specific guidance?

Wind 2020-10-24 07:16:21

Do you **want** their grades to improve?

Fang Fei 2020-10-24 07:16:26

Yes.

Wind 2020-10-24 07:16:31

What feelings do you have about this?

Fang Fei 2020-10-24 07:16:35

===== Page 244 [text layer] =====

238

Want them to become more excellent.

Wind 2020-10-24 07:16:44

Is it **wanting control** or **wanting approval**?

Perceive it, then **release**.

Fang Fei 2020-10-24 07:16:57

Wanting approval.

Wind 2020-10-24 07:17:18

Yes, that's it.

Just continuously **release** the feelings about what you **want** regarding this matter.

Fang Fei 2020-10-24 07:17:49

No need to send a thought myself? For example, I believe they can improve.

Wind 2020-10-24 07:18:11

I just directly feel: I **want** their grades to improve.

No need to believe.

When you are completely **released**, you "*know*" it is achieved.

You will see it is already realized.

No need to use *effort*, no need to use belief.

Fang Fei 2020-10-24 07:19:01

I don't need to think about each student individually? For example, my feelings about Wang Moumou's grades, my feelings about Li Moumou's grades.

Wind 2020-10-24 07:19:35

It's all feelings.

Fang Fei 2020-10-24 07:19:41

I just directly feel: I **want** their grades to improve?

Wind 2020-10-24 07:19:42

Just **release** continuously.

If you think of one person and still have feelings, then **release** them.

Fang Fei 2020-10-24 07:20:00

Oh, oh.

Wind 2020-10-24 07:20:05

Until you **release** to the point where there is only love regardless.

Fang Fei 2020-10-24 07:20:06

I've wanted to do this for a long time.

Just feel the workload is huge.

A bit avoidant.

Wind 2020-10-24 07:20:20

That is, you have completed the **release** on this matter.

Fang Fei 2020-10-24 07:21:13

The final test standard is that when I think of any student, there is only love.

Not dissatisfaction with them.

Wind 2020-10-24 07:21:34

Yes. Love is *accepting* them as they are now.

Not the way you **want** them to be.

===== Page 245 [text layer] =====

239

Fang Fei 2020-10-24 07:22:18

Teacher Wind, is releasing individually faster or releasing collectively faster? I want to do it today.

I understand what you mean, it's all feelings.

I want to find a faster way [hug].

Really, only when I am free myself can I truly help others!

Wind 2020-10-24 07:23:10

The fastest way is for you to first **release** this *"wanting to be faster,"* this *"wanting control."*

Otherwise, this will get you **stuck**.

Fang Fei 2020-10-24 07:23:29

Oh, oh.

I just **release** and that's it. While **releasing**, intuition will guide me, right?

Wind 2020-10-24 07:23:58

Yes, ***follow through with the Six Steps.***

This is the fastest.

Fang Fei 2020-10-24 07:25:06

So, without even contacting my students, I can help them have good developments and changes?

Vanilla Ice Cream 2020-10-24 07:25:10

Really, only when I am free myself can I truly help others!

Must start with **releasing** myself.

Wind 2020-10-24 07:25:30

Yes, you don't need to do anything else. Just **release**.

Fang Fei 2020-10-24 07:25:40

This is a bit like Zero Limits.

Wind 2020-10-24 07:25:54

Deeper than it.

Fang Fei 2020-10-24 07:26:14

I used Zero Limits at home during the pandemic for cleansing, and found it a bit useful, but didn't persist.

I originally planned to use Zero Limits cleansing to help my students. Later, through practice, I found it seemed more difficult.

So I gave up.

Teacher Wind, if I can reach your state, can I help my students progress more than I can now? Or is my current state also okay?

Susan 2020-10-24 07:29:54

Always **wanting control** makes it very difficult to achieve [cry].

Vanilla Ice Cream 2020-10-24 07:29:55

I feel like you **want to control** your students [facepalm]. **Control** is not the problem. *Wanting* is the problem. You need to **release** all feelings brought by "*wanting*."

Wind 2020-10-24 07:30:29

A person's state is not an inherent thing.

Sometimes you are in a state of *acceptance*, sometimes in a state of fear, sometimes in a state of anger.

If you **release** the AGFLAP in your subconscious, then of course you can help people the most.

Fang Fei 2020-10-24 07:33:23

I understand. Yes, I **want** them to actively and voluntarily develop themselves, rather than indulging in electronic games,

===== Page 246 [text layer] =====

240

being criticized by parents and teachers every day, in a vicious cycle.

2020-10-24 The Six Steps are a map.

Times Everything Connected 2020-10-24 07:32:27

@Wind I find I haven't been able to **release** these past two days.

Wind 2020-10-24 07:33:37

Then one of the **Six Steps** must not have been achieved.

Times Everything Connected 2020-10-24 07:34:00

@Wind First, the **desire** for freedom is not strong.

Second, for anything I **want**, like money, there is no emotion. Where am I **stuck**?

Wind 2020-10-24 07:34:58

Do you **want** to be freer?

Times Everything Connected 2020-10-24 07:35:00

Money. No feeling.

Qing Feng 2020-10-24 07:35:18

@Wind I have never experienced **release**. Can I start directly with the **Six Steps to Freedom**?

Times Everything Connected 2020-10-24 07:35:19

@Wind Not **wanting** it that much, or still don't know what it feels like to be freer.

Wind 2020-10-24 07:35:46

Anyone can use the **Six Steps**.

But the **Six Steps** are a map.

When **releasing**, you use the **release** process.

Qing Feng 2020-10-24 07:36:05

I really don't understand why sometimes it's about **releasing desires**, and sometimes it's about the **Six Steps to Freedom**.

Times Everything Connected 2020-10-24 07:36:37

@Wind How should I handle my situation?

Wind 2020-10-24 07:36:52

Because the **Third Step** of the **Six Steps** is to **release wanting control** and **approval**.

Releasing wanting control and **approval** is included in the **Six Steps**.

Times Everything Connected 2020-10-24 07:37:42

I skipped **releasing** emotions (chart).

Can I skip the three steps?

Times Everything Connected 2020-10-24 07:37:43

@Wind How to **want** freedom more?

Wind 2020-10-24 07:38:30

Yes, the chart is just an aid.

Qing Feng 2020-10-24 07:36:05

When emotions arise, can I also use the **Six Steps to Freedom**?

Wind 2020-10-24 07:38:44

If you can **release wanting control** and **approval** from the start, then of course you can.

Wind 2020-10-24 07:38:52

But those who haven't experienced **release** may not know what **release** is.

They might mistake **suppression** for **release**.

===== Page 247 [text layer] =====

241

In this case, you need to start by experiencing **releasing emotions**.

Times Everything Connected 2020-10-24 07:40:22

@Wind Give me some guidance.

Wind 2020-10-24 07:40:24

Once you have mastered this method, this process, the **Six Steps** are the only guidance you need.

You don't know how to **want** freedom?

Fang Fei 2020-10-24 07:41:13

Teacher Wind, how do feelings create the world?

Can you describe this? I **want** to understand the principle more. Are there any related classic books for reference?

Wind 2020-10-24 07:41:53

The *fear of death* drives **wanting control** and **approval**.

This is at the causal level.

This artificially created sense of *lack* drives your feelings.

Feelings drive each of your thoughts.

Thoughts project and condense into your **material world**.

Times Everything Connected 2020-10-24 07:43:33

Can't perceive **control**.

Fang Fei 2020-10-24 07:43:53

Yes, but I can't see the process of how thoughts condense into the **material world**.

Wind 2020-10-24 07:44:14

If I describe it in detail, I can.

But it may not be understandable.

Matter is not as solid as you imagine.

Roller Coaster 2020-10-24 07:54:01

Listened to *Beingness*.

It's really necessary to organize it.

Wind 2020-10-24 07:54:57

Beingness also has scattered explanations about the **Six Steps**.

If you are interested in this part, you can read Lester Levenson's autobiography and "*Autobiography of a Yogi*."

I probably won't explain it better than them.

The world appears solid, but it's actually just light and shadow.

Roller Coaster 2020-10-24 07:57:24

He often says you won't find it outside, but you just have to bump into this world.

D 2020-10-24 08:02:30

@Wind I saw that the emotion of **wanting control** is not **control** itself. The emotion itself can't do anything. Keeping it is meaningless. So it left on its own. Is this **release** correct?

Wind 2020-10-24 08:03:18

Why do you need to analyze this?

Simply put, thoughts think in the form of images, and are infused into the senses as light beams.

The world is just what you perceive through your senses.

You really don't need to entangle over this.

If you feel it's effective, you can do it, but I wouldn't recommend it.

===== Page 248 [text layer] =====

242

Fang Fei 2020-10-24 08:11:52

My biggest **change** today is this: In the past, I thought manifesting required sending a thought myself.

So I always placed an "*order*" myself.

Wind 2020-10-24 08:12:03

*The method is simple, the method is easy. Let the feelings surface, [perceive] they are **wanting approval** or **control**, then let them out. ***Follow through with the six steps of this method. It will take a few months to clear out all your garbage.***

-- Lester Levenson

This is Lester Levenson's summary of the process.

Roller Coaster 2020-10-24 08:12:54

Strong beliefs can temporarily make things manifest.

But the negative influences behind them are still operating.

Wind 2020-10-24 08:13:31

Basic *tendencies* are very, very fundamental. They are at a very deep level, at the causal level.

If you insist on using concepts like "*meaningful*" or "*meaningless*" to define them or cover them, you pull the **release** up to the level of thought.

When you perceive the *tendency*, you really don't need to add a step of defining it.

There will be a direct natural *tendency* to let it go.

D 2020-10-24 08:15:33

Then how to correct this "*must analyze*" habit?

Wind 2020-10-24 08:15:58

Just consciously use the process.

2020-10-24 Use less mental analysis, just release whatever surfaces.

Wind 2020-10-24 08:15:58

Just consciously use the process.

Use *feeling* more.

Use less mental analysis.

This will also make your **release** easier.

Of course, it will also be deeper.

Many people think their **release** is very good simply because they haven't experienced deeper **release**.

They think **release** is just like that.

I'm not a superhero [laughing].

Refer to the **Sixth Step**.

Each **release** makes you lighter and more pleasant.

Gratitude Everything 2020-10-24 08:21:46

Yes, Teacher Wind gives us confidence. He is a signpost [covering mouth laughing].

Wind 2020-10-24 08:24:07

Don't focus on me.

The **Release Method** is the signpost.

Roller Coaster 2020-10-24 08:24:48

Teacher Wind is just bait.

===== Page 249 [text layer] =====

243

Zhao Yan 2020-10-24 08:41:02

@Wind Once emotions are perceived, they will surface and leave, right?

Wind 2020-10-24 08:24:28

Emotions may not leave that quickly.

"*Wanting*," when perceived, will leave quickly.

Linc 2020-10-24 08:42:00

@Wind What about physical discomfort?

Some can be perceived and then leave, right?

Is it not as fast to leave?

Wind 2020-10-24 08:42:14

Only perceive emotions, because the cause underneath them is still operating, so you need the **three-question process** to let them leave.

Physical discomfort is not the target of the **Release Method**.

It is a result, an expression.

Linc 2020-10-24 08:43:33

I understand.

Wind 2020-10-24 08:43:34

If you **release** its cause, that is, your emotions — basic *tendencies* — the physical pain will disappear.

But you don't need to deliberately **release** physical sensations.
Because you cannot do anything to a result, a projection.
Sometimes it will.

Linc 2020-10-24 08:44:08

Okay.

Free Life 2020-10-24 08:44:12

@Wind Some emotions, I can't distinguish what emotion they are. Can't **release** directly.
Should I check the emotion chart and then **release**?

Vanilla Ice Cream 2020-10-24 08:44:31

[Group chat log]

[

Wind: *Before my retreat, I wasn't completely clear on the **Six Steps** either.*

Wind: *But during the retreat **release**, the **Six Steps** took me a long way.*

Beautiful Life: *Disappeared?*

.....

]

Zhao Yan 2020-10-24 08:45:08

@Wind For example, when I see a person and feel uncomfortable, I perceive the discomfort.
I find **wanting control**, **wanting** to blame them. Maybe sadness, anger surface in the chest and abdomen. I feel this emotion. Without asking the **three questions**, can it also leave?

Wind 2020-10-24 08:45:51

If you are a bit patient, it's more effective to see clearly what emotion it is before **releasing**.

Vanilla Ice Cream 2020-10-24 08:46:10

@Linc Look at the chat log I just posted. It contains Wind's specific answers from last night about the body and physical sensations.

Wind 2020-10-24 08:46:13

===== Page 250 [text layer] =====

244

Because seemingly mixed emotions are actually because you are habitually suppressing them.

Free Life 2020-10-24 08:46:24

@Wind Okay [red heart].

Wind 2020-10-24 08:46:46

Notice the **wanting control** and **approval**, allow them to surface, and they will leave immediately.

Free Life 2020-10-24 08:47:03

@Wind Yes, many suppressed emotions.

Wind 2020-10-24 08:48:18

So when you start to identify your emotions, you are allowing them to surface.

Chloé 2020-10-24 08:53:02

@Wind Is every *wanting* a kind of **wanting control**?

Wind 2020-10-24 08:53:11

Beneath **wanting control** is **wanting approval**.

Beneath **wanting approval** is **wanting to survive**.

Control is a more surface *tendency*.

Wu Xin 2020-10-24 08:53:39

I remember a discussion in the group before. Some people use "*allowing*" to **release**, but it can cause **suppression**. It's not the true **Release Method**. So, can the word "*allow*" only be used in two situations in the process?

1 *Allow* it to leave.

2 *Allow* it to be perceived.

Right?

Linc 2020-10-24 08:53:47

@Wind What if at the present moment, I don't perceive the *fear of death*? Then what does "*wanting*" begin with?

Wind 2020-10-24 08:54:12

Release the **wanting control** and **approval** covering it.

D 2020-10-24 08:54:14

@Wind Are you the China regional manager sent by Lester Levenson? [side-eye smile]

Wind 2020-10-24 08:54:18

And this is the **Third Step** of the **Six Steps**.

Yes.

Allow it to be perceived.

Allow it to leave.

Roller Coaster 2020-10-24 08:55:16

The *fear of death* is also pushing itself out, but you have covered it with too much **wanting control** and **safety**.

Qing Xi 2020-10-24 08:55:24

@Wind During **release**, at that instant, I don't perceive clearly whether it is **wanting approval** or **wanting control**?

Afraid of **releasing** the wrong thing.

Releasing wanting approval as **wanting control**, or **releasing wanting control** as **wanting approval**.

What to do at this point? I find anxiety and tension arise immediately.

Don't know how to proceed.

Roller Coaster 2020-10-24 08:55:27

===== Page 251 [text layer] =====

245

It's hard to perceive directly.

Wind 2020-10-24 08:57:32

Tension and anxiety arising is a good thing.

It means another program has surfaced for you to **release**.

Qing Xi 2020-10-24 09:00:53

At this time, is it again **releasing control**? When operating, **releasing** tension and anxiety has no effect.

Wind 2020-10-24 09:01:34

Allow your anxiety to surface.

See it as also **wanting control** and **approval**.

Then let it go.

Qing Xi 2020-10-24 09:04:35

At this time, prioritize **releasing** the **desire** behind the anxiety, right?

Wind 2020-10-24 09:07:29

When anxious, perceive whether you tend towards **control** or **approval**.

Zai 2020-10-24 09:08:57

@Wind Another program surfaces. At this point, don't worry about the previous *wanting tendency* that hasn't been completely **released**? How to handle this situation?

@Wind Didn't you say that not **releasing** cleanly leaves sticking points for future **releases**?

Times Everything Connected 2020-10-24 09:15:37

At the basic stage, you still need to put down what you're doing and focus.

Wind 2020-10-24 09:15:40

Just **release** whatever is currently surfacing to the surface.

Times Everything Connected 2020-10-24 09:16:04

After **releasing** well, you can act mentally while doing other things.

Wind 2020-10-24 09:16:33

Since a new program has surfaced, **release** it. Don't suppress it back.

Mo Tou 2020-10-24 09:16:34

I feel now that as soon as I achieve the **First Step**, **release** happens automatically. So powerful!

Wind 2020-10-24 09:16:43

Release is something you do handily.

Qing Xi 2020-10-24 09:17:39

Then, continue **releasing** whatever continues to surface in the present moment. Don't worry about whether the previous ones are completely **released**. Just focus on what automatically surfaces again, right?

Wind 2020-10-24 09:17:47

Yes.

2020-10-24 Explanation of the Fourth Step of the Release Method: Continuous Release.

Wind 2020-10-24 09:18:02

Let me explain the **Fourth Step**.

Make release a constant.

Because until now, **suppression** has been your norm.

So you ask, "*Does this need **releasing**? Does that need **releasing**?*"

Do you need to ask questions like, "*Do I need to breathe?*"

===== Page 252 [text layer] =====

246

Why don't you ask, "*Do I need to suppress this?*"

Because **suppression** is your norm.

Release has become your abnormality.

You need to make **release** a constant, every moment, like breathing.

Qing Xi 2020-10-24 09:20:38

After **releasing** a lot, is it possible for it to become automatic? [laughing] @Wind

Zhao Yan 2020-10-24 09:20:40

@Wind Everyone's emotional body is different. Some are very thick, some are very thin.

What is your basis for saying it doesn't take years?

Wind 2020-10-24 09:20:47

Breathing wasn't automatic from the start either. Including your internal organs, initially you operated them consciously, and only later handed them over to programs to run automatically.

At most three months.

No more than that.

Some people have accumulated fewer emotions, so a few weeks.

Some have a bit more, so a few months.

Three months is the upper limit.

Zhao Yan 2020-10-24 09:21:48

Does three months mean doing nothing else, spending all time on **continuous release**?

Wind 2020-10-24 09:21:59

The process will carry you.

Yes, **release continuously**.

Not necessarily doing nothing else, but **release** cannot stop.

Once you stop, it's like an airplane taking off stopping.

You need to get it running again.

Times Everything Connected 2020-10-24 09:24:07

This "*continuous*," I don't quite understand.

Releasing every moment, wouldn't it be interrupted when something comes up?

Wind 2020-10-24 09:24:49

Would you stop breathing?

Huang Qiuhua (Lingxi) 2020-10-24 09:25:14

@Wind May I ask, what do you mean by retreat **release**? How do you **release**?

Vanilla Ice Cream 2020-10-24 09:25:18

I can feel that Wind has been sharing in the group these past two days, which is helping us train intensively to get started, lifting us all up all at once...

But we need to attentively follow him.

Times Everything Connected 2020-10-24 09:25:20

@Wind Hit the nail on the head.

Wind 2020-10-24 09:25:35

I just **release** continuously.

There's nothing special called retreat **release**.

Times Everything Connected 2020-10-24 09:26:04

I understand.

===== Page 253 [text layer] =====

247

Lay a good foundation.

Foundation is very important.

Let habit become automatic.

Wind 2020-10-24 09:27:04

Make release a constant, let it become your new habit.

What Lester Levenson said: make **release** the norm, let it become your new habit.

This is the **Fourth Step: continuous release**.

Free Life 2020-10-24 09:27:37

@Wind Does that mean doing nothing else, only focusing on **releasing**?

Wind 2020-10-24 09:27:55

First, use all the time you can for **releasing**.

Then, you'll find you don't need to "*do*" anything.

Things happen naturally.

You watch the body move.

Qing Xi 2020-10-24 09:28:43

What does it mean to "*stop once*"?

Is it consciously **releasing** every moment without interruption until it becomes a background automatic operation?

Wind 2020-10-24 09:28:51

Therefore, you can **release** continuously without having to distract yourself operating the body to do things.

Release means letting feelings surface and leave.

Release once, new feelings emerge, you **release** a second time.

This is called **continuous release**.

If at this point you do not let the feeling leave but suppress it, this is called stopping.

This is simple.

Whether you are **releasing** continuously, you yourself will know.

2020-10-24 Don't use your own invented "just observe."

Zai Yan 2020-10-24 09:35:07

@Wind The *fear of death* is like a fountain, endless.

Should I just let it spout continuously?

Wind 2020-10-24 09:35:32

Does each **release** make you lighter and more pleasant?

Zai Yan 2020-10-24 09:41:14

@Wind Before, yes. But after the *fear of death* appeared, I found that after removing the **control** over the *fear of death*, the *fear of death* still gushes out.

Seems endless.

I am currently facing illness, almost equivalent to death.

Wind 2020-10-24 09:43:20

If it's like waves, let it spout until it's finished.

Zai Yan 2020-10-24 09:45:05

@Wind I seem to sink and curl up in the inner space of my lower abdomen, while fear goes upward.

Wind 2020-10-24 09:45:29

===== Page 254 [text layer] =====

248

Are you **stuck**?

Gratitude Everything 2020-10-24 09:45:44

@Wind I don't feel much, but I can perceive that behind the thoughts is **wanting control** or **wanting approval**. After perceiving, I burped. Is this **release**?

Wind 2020-10-24 09:46:20

Burping is not **release**.

Burping is just a bodily reaction.

Zai Yan 2020-10-24 09:47:39

@Wind Doesn't seem **stuck**. Only fear, and fear of fear. If I **want to control**, I can feel it, and

then it returns to surface tightness. If I let go of **control**, fear spouts again.

Wind 2020-10-24 09:49:10

Yes, what I mean by **stuck** is stopping **release**.

If you haven't stopped **releasing**, then let it **release**.

After **releasing**, it's over. You are free.

Zai Yan 2020-10-24 09:49:42

@Wind I think it's not **releasing** the *fear of death* as a "*feeling*," but **releasing** it as actual death [facepalm].

Wind 2020-10-24 09:50:00

That is **stuck**.

Zai Yan 2020-10-24 09:50:25

But the essence is a feeling [facepalm].

The feeling of fear.

Zai Yan 2020-10-24 09:55:25

@Wind Can you explain in more detail? [facepalm]

Wind 2020-10-24 09:55:58

Use the **Sixth Step** to verify.

I am infinite 2020-10-24 09:56:57

I find that my **stuckness** is that whenever any emotion or feeling comes out, I **want** to **control** its emergence and development.

Wind 2020-10-24 09:56:13

If each step brings you lightness and pleasantness, then you are **releasing**.

If you stop **releasing**, you are **stuck**.

Based on my experience, one successful **release** of the *fear of death* can bring immense peace and joy.

Zhang Fei 2020-10-24 09:56:54

@Wind If not **stuck**, then you are **releasing** continuously, continuously feeling light and happy?

Wind 2020-10-24 09:57:32

Continuously **release** your feelings, continuously become lighter and more pleasant.

I talked about the **Six Steps** all night yesterday.

Everyone can refer to it.

Key 2020-10-24 09:58:28

What to do if the **stuck** feeling cannot be **released**?

I usually feel the pleasantness of **release**. @Wind

Wind 2020-10-24 09:58:31

===== Page 255 [text layer] =====

249

The **Six Steps** must be clear.

Be clear about them, and they will guide you on the path.

I am infinite 2020-10-24 09:58:55

I find I am increasingly able to perceive the *tendencies* of various manifestations of **wanting control**.

Wind 2020-10-24 09:59:10

Fifth Step: **release** the **wanting control** regarding it.

Zai Yan 2020-10-24 09:59:11

Seeing your words, I discovered my own **control**, very subtle **control**. I seem to have always not dared to let go and let the fear completely erupt.

Zhang Fei 2020-10-24 09:59:46

What does it mean to have clarity on the **Six Steps**? Review the **Six Steps** and feel the continuity of the process?

Wind 2020-10-24 10:00:01

Being able to use them, being able to **release** continuously — that's clarity.

I am infinite 2020-10-24 10:00:02

Many times, I perceive the *tendency* but don't recognize it. I'm still thinking in my **mind**, "*where is the wanting control?*"

Wind 2020-10-24 10:00:16

Follow through with the Six Steps, and you will release continuously.

There is no exception to this.

You don't need anything else.

I am infinite 2020-10-24 10:01:45

I find that as soon as I realize this *tendency* is **wanting control**, it naturally dissipates.

Wind 2020-10-24 10:01:54

Yes.

As soon as you recognize **wanting control** and **approval**, you will immediately have a natural *tendency* to let them go.

I am infinite 2020-10-24 10:02:21

But before, when I didn't realize it, it wouldn't dissipate, even though I had already perceived it [laughing].

It will dissipate before you even have time to ask.

I am infinite 2020-10-24 10:02:38

Yes.

Gratitude Everything 2020-10-24 10:03:45

Once perceived, it leaves. Sometimes it does, sometimes it doesn't.

Wind 2020-10-24 10:03:46

This is the **Third Step**.

So, use the process.

Don't use your own invented "*just observe*." It won't go away.

The process is already very simple.

Allow yourself to perceive the feeling, perceive that it is **wanting control** or **approval**.

Then let it go.

If you try to skip the process, it won't work.

It might work once or twice, but it won't always work.

Because the inertia of the **mind** is very strong.

If you don't use this technique, your habit of **suppression** will pull you along.

===== Page 256 [text layer] =====

250

I am infinite 2020-10-24 10:08:40

[Group chat log]

[**Wind**: *Not a thought, it's the *tendency* of "*wanting*."]

I am infinite: So **wanting control** is also a tendency of wanting. Perceiving this tendency

and releasing it is releasing wanting control?

Wind: Yes...

]

2020-10-24 Arguing with husband.

Gratitude Everything 2020-10-24 10:10:49

For example, if I argue with my husband, is the argument a **release**? Or do I perceive that I **want to control** him, and **release** according to the process myself?

Wind 2020-10-24 10:11:21

Arguing is not **release**.

Arguing is just expression.

Gratitude Everything 2020-10-24 10:11:37

So what should I do?

Wind 2020-10-24 10:11:52

You can **release** in the moment.

Gratitude Everything 2020-10-24 10:12:07

Ignore him?

Release on my own?

Wind 2020-10-24 10:12:33

Ignoring him or not ignoring him is fine.

The **Release Method** has no behavioral guidelines or restrictions.

Gratitude Everything 2020-10-24 10:12:48

If I ignore, I suppress.

Wind 2020-10-24 10:12:50

Just make sure you are **releasing**.

I am infinite 2020-10-24 10:12:58

I find that the order of perception is also important. It is to first go and perceive, see what is perceived, and then see what feeling or what *wanting* is perceived. I have preconceived ideas. I first carry the purpose of perception, such as **wanting** to perceive feelings or **wanting** to perceive **wanting control**, and then with this thought, I go to perceive. It seems that doing this also suppresses. @Wind

Vanilla Ice Cream 2020-10-24 10:13:24

Arguing is a result. **Release** works on the cause.

Wind 2020-10-24 10:13:43

Yes, see if this feeling is **wanting control** or **approval**.

Gratitude Everything 2020-10-24 10:13:55

I can perceive that I always **want** him to approve of me.

Wind 2020-10-24 10:14:03

This step is "*recognize*."

As soon as you recognize, it dissipates.

Gratitude Everything 2020-10-24 10:14:20

===== Page 257 [text layer] =====

251

Then **release**?

Also, I have a lot of **wanting control** over my children.

I am infinite 2020-10-24 10:15:09

Right. I find that my starting point for perception carries a **wanting to control** the content of

my perception, carrying *effort*.

Wind 2020-10-24 10:15:31

Just make sure you achieve the **First Step**. Make sure **wanting** freedom exceeds **wanting control** and **approval**.

Wind 2020-10-24 10:15:44

Otherwise, you will suppress, and silently stew.

Vanilla Ice Cream 2020-10-24 10:15:59

Always **wanting** to know "*how to do it*" is also **control**. After **releasing**, you naturally know what to say and do. You have to practice, not **want** to know.

Wind 2020-10-24 10:15:59

Or argue, driven by **wanting control** and **approval** to express.

And not allowing it to surface.

I can do one step.

Sometimes I **want** to argue, I remind myself: don't **want** them, **want** freedom.

Wind 2020-10-24 10:17:59

Don't suppress feelings.

If the **Six Steps** and **original process** are almost clear, I'll go into retreat.

JianWang 2020-10-24 10:20:32

How long will the retreat be?

I am infinite 2020-10-24 10:20:43

I find that I am beginning to clear the **wanting control** that covers the **Release Method**, that is, these **stucknesses** that prevent me from **releasing**.

Wind 2020-10-24 10:20:44

Retreat until freedom.

JianWang 2020-10-24 10:21:05

Retreat at home?

Wind 2020-10-24 10:22:49

Once the method is clear, the next step is to help each other, trying to maintain its purity.

Continuously **release** your feelings, continuously become lighter and more pleasant. Yes, I want to rush towards freedom.

2020-10-30 Without the program of wanting control, you will release more smoothly.

Wind 2020-10-30 11:13:10

Without the program of **wanting control**, you will **release** more smoothly.

All thoughts are driven by feelings.

All AGFLAP feelings are driven by two things: **wanting control** and **wanting approval**.

And these two programs are driven by one program: **wanting to survive** (*fear of death*).

If you say you are not the **mind**, not the body, and you can directly experience this, that would free you immediately.

But this is very hard to achieve.

Roller's translation of Lester Levenson's audio mentions this.

In theory, you could say "*I am not this **mind***" and do it like that. But no one does it. Now, I spent many a year trying to think of a shortcut, a one shot way of going free, a one shot way of going free.

So, theoretically, you could directly say "*I am not this **mind***."

If your intention is strong enough to transcend everything, you can do it.

But I see that many people actually use this method to stop **releasing**.

The **Six Steps** will lead you to the final goal, but we will choose many excuses to stop the

Six Steps.

2020-10-30 Just releasing these two programs.

Wind 2020-10-30 11:29:26

Go use this method.

Release the programs of **wanting control** and **approval**. **Release** those programs covering the "*fear of death*."

Then allow the "*fear of death*" to surface and **release** it completely.

At first, you **release** the programs of **wanting control** and **approval**.

You are just **releasing** these two programs.

As you **release**, those feelings, those thousands of thoughts about the body, disappear.

When you **release** the deepest *fear of death*, your entire **mind** disappears.

Your sense of *separation* will dissipate. What remains is **infinite existence**.

You will naturally identify with your **infinite existence**.

Is this explained clearly enough?

2020-10-30 Touched the sense of separation beneath the fear of death.

Wind 2020-10-30 16:14:11

I touched the sense of *separation* beneath the *fear of death*.

I know I am about to reach the final goal.

Tiancheng 2020-10-30 16:16:35

Is it the sense of *separation* that causes **wanting to survive**?

Wind 2020-10-30 16:19:54

Yes, it's this sense of *separation* of "*I exist as a body*."

Because you feel "*I am this body*," you **want** to survive and fear death.

If you knew you were **infinite existence**, you would have no *fear of death*.

But you don't need to deliberately **release** it.

When you completely **release** the *fear of death*, the sense of *separation* also dissipates.

The whole **mind** becomes still.

What remains is **infinite existence**.

2020-10-30 Wind & Tiancheng — Were Lester Levenson's teachings during his lifetime paid or free?

Tiancheng 2020-10-30 16:26:06

What do you think about sharing this for a fee?

Wind 2020-10-30 16:26:08

Personally, I hope it can be spread for free, but it's up to you [laughing].

Because these things were restored by many people's selfless contributions.

===== Page 259 [text layer] =====

253

I only did some of the work.

I hope it remains free for two reasons.

One is that there are already enough **Release Method** organizations today, and they are not about awakening.

I see that being free is a way to ensure its purity.

The second reason is that for yourself, charging will actually hinder your growth.

This is my view, but there is no compulsion.

You can still choose to do what you **want**.

Finally, **release** continuously, **follow through with the Six Steps**.

Tiancheng 2020-10-30 16:29:44

Actually, were Lester Levenson's teachings during his lifetime paid or free?

Wind 2020-10-30 16:30:01

He started out free.

Later, not many people came to listen, and those who listened didn't apply it. Then he started charging.

Tiancheng 2020-10-30 16:30:49

Yes.

2020-10-30 Wind & Tiancheng — Wind's living situation at the time.

Tiancheng 2020-10-30 16:33:01

So how do you live now?

Wind 2020-10-30 16:33:17

Before my retreat, I was a freelancer.

I do some IT and data analysis freelance work.

Now I just live by **releasing**.

Tiancheng 2020-10-30 16:34:01

Get everything by releasing only.

How do you feel about this in practice and experience?

Wind 2020-10-30 16:34:21

I already live in it.

I haven't accepted red envelopes sent to me, or returned them.

Because I **released** to that point, I felt I just couldn't accept.

This feeling is an intuitive *knowing*.

Because I don't need to think about money at all.

Money has no meaning to me anymore.

Since the last time I came out of retreat.

Tiancheng 2020-10-30 16:36:40

Can you describe your living state to me?

Wind 2020-10-30 16:36:52

Yes, you are in Suzhou?

Tiancheng 2020-10-30 16:36:53

Like Lester Levenson driving a car, and then someone vacates a parking space for him.

Tiancheng 2020-10-30 16:36:56

Yes.

===== Page 260 [text layer] =====

254

Wind 2020-10-30 16:37:03

A couple of days ago, I was also in Suzhou.

I stayed in a hotel on Jinji Lake without spending any money.

Tiancheng 2020-10-30 16:38:01

How did you do that?

I know you should probably say through **release**, right?

Wind 2020-10-30 16:38:19

At first, I did everything through **release**.

Later, I cleared most of the **wanting control** and **approval**.

I began to focus on the *fear of death*.

So I **released** a lot of the *fear of death*.

An indescribable sense of **safety** just enveloped me.

At this point, whenever I had a thought, things happened.

Even without deliberately **releasing** on it.

Wind 2020-10-30 16:39:57

I wanted to find a place to **release**, so I went.

I walked there, and I moved in.

Tiancheng 2020-10-30 16:40:12

Oh, so you were in retreat in Suzhou originally?

Wind 2020-10-30 16:40:17

Yes, the first time I was in Shanghai.

Tiancheng 2020-10-30 16:40:33

You stayed in the hotel for free. How did that actually happen?

Wind 2020-10-30 16:40:40

Later, my friend came back, and I left his Shanghai apartment.

So I arrived in Suzhou.

I can't explain how it happened.

Tiancheng 2020-10-30 16:41:32

What was the superficial sequence of events like?

Wind 2020-10-30 16:41:45

I know what you **want** to know is *"was there some hotel promotion or something like that."*

Wind 2020-10-30 16:42:01

But actually, it wasn't like that.

You **want** to know how things appeared in others' eyes.

Is that it?

Tiancheng 2020-10-30 16:42:27

Right.

Wind 2020-10-30 16:43:07

I just saw the image, and then it happened.

I stayed inside all the time, and that room was always reserved for me.

This may sound very incredible.

===== Page 261 [text layer] =====

255

Tiancheng 2020-10-30 16:43:42

Yes.

How did you get the room card?

Wind 2020-10-30 16:44:01

The receptionist gave it to me.

Tiancheng 2020-10-30 16:44:11

Didn't they ask you for money?

Wind 2020-10-30 16:44:12

I think he probably couldn't explain why he did it himself.

Wind 2020-10-30 16:44:30

In his eyes, maybe it was just an inexplicable urge driving him.

Wind 2020-10-30 16:44:53

This is just one thing.

Actually, this kind of thing is very natural.

You can do it.

It doesn't take long.

A few weeks of **release**, and you can do these things.

And actually, I no longer need sleep or food.

2020-10-30 Wind & Tiancheng — Tiancheng's address.

Tiancheng 2020-10-30 16:49:47

When are you going into retreat?

Can I meet you before you go into retreat?

Wind 2020-10-30 16:50:07

Not long, maybe a day or two.

After my retreat.

My retreat won't be long either.

If you're still in Suzhou, I can see you soon.

Tiancheng 2020-10-30 16:51:21

I'm in Suzhou.

Tiancheng 2020-10-30 16:51:33

China-Singapore Technology Industrial Workshop Phase 1

No. 8 Zhanye Road, Wuzhong District, Suzhou City, Jiangsu Province

Tiancheng 2020-10-30 16:53:03

Was your last retreat address near here?

Tiancheng 2020-10-30 16:53:49

(o)Wow.

Wind, I'll wait for you in Suzhou after your retreat.

I hope I can meet you.

Wind 2020-10-30 18:29:36

Yes.

===== Page 262 [text layer] =====

256

2020-10-30 Three States.

The right path 2020-10-30 18:55:19

Also, I find that because after **releasing** to a deeper level, for example, after **releasing wanting control**, a lot of **wanting approval** surfaces. At this time, defensiveness comes out. I dare not face and **release** it. Especially yesterday, the *fear of death* surfaced. I was really scared and directly made myself sleep. Of course, I didn't fall asleep, but I dared not wake up and continue **releasing**.

Wind 2020-10-30 18:55:49

Just a feeling.

The right path 2020-10-30 18:56:42

I can't handle it. Just want to escape.

Wind 2020-10-30 18:56:50

Allow it to leave.

The right path 2020-10-30 18:57:58

I **released wanting control** for a few days. Once, I felt that worldly things were meaningless, no motivation at all. Later, I got **stuck**. Then, after **releasing the stuckness**, **wanting approval** came out a lot.

The right path 2020-10-30 18:58:22

Now, I still feel no motivation to do things. Maybe I usually force myself to act according to social norms.

Wind 2020-10-30 18:59:30

Feeling of helplessness.

The right path 2020-10-30 19:01:54

@Wind I haven't perceived the feeling of helplessness. It seems clear that all actions are based on **wanting approval**, **control**, and **wanting to survive**. Feels so meaningless. Originally, I would go read books, work out, wash my face every day [laughing].

Wind 2020-10-30 19:02:20

Go to the emotion chart and look for the word "*meaningless*."

The right path 2020-10-30 19:05:42

@Wind There is no word "*meaningless*." There is a word that feels similar: "*what's the use*."

Wind 2020-10-30 19:05:53

Haha, that's it.

Meaningless.

Where is it?

Apathy.

@Wind I can't accept it a bit. After **releasing** for so long, I'm still at the lowest level of emotion. @

Wind 2020-10-30 19:08:23

You're just **stuck** there. If you're unwilling to look, you'll stay **stuck** there.

I am infinite 2020-10-30 19:14:13

I suddenly realized that apathy is **wanting control** but not being able to **control**. Actually, it's still **wanting control**.

Still craving **control**, if only you could.

Qian 2020-10-30 19:18:09

@I am infinite Yes. Giving it your all and still...

I am infinite 2020-10-30 19:18:22

@Qing Xi I found out why I was **stuck**. Before, I was already aware that I had this emotion, but I didn't know it was an emotion. I didn't know it was apathy. Today, I suddenly realized and perceived it. I suddenly knew [covering mouth].

===== Page 263 [text layer] =====

257

Wind 2020-10-30 19:18:51

Apathy is one of the most easily overlooked emotions.

Mo 2020-10-30 19:18:54

@I am infinite So, did you **release** apathy?

I am infinite 2020-10-30 19:18:55

Then I felt a **wanting control**. I have always **wanted control**.

Qing Xi 2020-10-30 19:18:56

Yes, apathy is having to give up, but it's still **wanting control** and **wanting control**.

Wind 2020-10-30 19:19:03

Because you are too used to it.
Therefore, you treat it as a background.

Mo 2020-10-30 19:19:22

Right. I don't even think it's a problem.

I am infinite 2020-10-30 19:19:39

@Mo I just felt apathy, and just now I felt the **wanting control** within apathy. This **wanting control** also became a background **want**, but it can never be satisfied.

Wind 2020-10-30 19:20:05

Apathy is most easily confused with tranquility.

I am infinite 2020-10-30 19:20:11

I find that in the past, I lived my whole life with apathy and **wanting control** as the background.

Wind Valley 2020-10-30 19:24:29

Very true, very true. A feeling of helplessness.

Qing Xi 2020-10-30 19:25:44

This is so hidden.

This **wanting control** is so hidden.

The **mind** really knows how to play. It plays people to death without compensation. [Crying]

I am infinite 2020-10-30 19:41:52

I thought I had broken through pride. Turns out I'm still in apathy [facepalm].

Wind 2020-10-30 19:42:28

Actually, a person can know what state they are in.

Lester Levenson used three states to describe.

Apathy, grief, fear belong to the "*having state*."

In this state, you equate happiness with *having* many things.

Lust, anger, pride, fearlessness belong to the "*doing state*."

Here you believe there is happiness in *doing*.

Most of the so-called successful people in our secular world are in this state.

I am infinite 2020-10-30 19:44:53

So I am in the *having state*, because I still **want** to have.

I am infinite 2020-10-30 19:45:12

I can't imagine why those *doing*-oriented people have so much energy.

===== Page 264 [text layer] =====

258

Wind 2020-10-30 19:45:17

Compared to that state of extreme *lack*, they have more action power, but also a certain destructiveness.

Actually, I feel that pride is a big protective color for survival fear.

People in the state of *acceptance*, tranquility are in the "*being state*."

Qing Xi 2020-10-30 19:46:07

I feel the same as you! [facepalm]

Wind 2020-10-30 19:46:11

Just *being* is happiness. No need to *do* anything else, no need to *have* anything else.

Qian 2020-10-30 19:45:35

Actually, I feel that pride is a big protective color for survival fear.

Wind 2020-10-30 19:45:56

People in the state of *acceptance*, tranquility are in the "*being state*."

Qing Xi 2020-10-30 19:46:07

I feel the same as you! [facepalm]

Wind 2020-10-30 19:46:11

Just *being* is happiness. No need to *do* anything else, no need to *have* anything else.

Wind 2020-10-30 19:46:25

This is the three states Lester Levenson talks about in one of his videos.

Wind 2020-10-30 19:47:51

At the top is *imperturbability*, absolute tranquility that cannot be disturbed by anything.

Is freedom.

Is *omniscience*, *omnipotence*, *omnipresence*.

Is **infinite existence**.

As long as you are not *omniscient*, not *omnipotent*, not *omnipresent*, you haven't arrived.

2020-10-30 Wind & Tiancheng — People immersed in pain are too easily satisfied.

Tiancheng 2020-10-30 22:21:10

Actually, I know I stopped **releasing**.

I am aware.

I started seeing your shares.

At that time, I was in a state of depression.

Released, the feeling rose.

My current state is also much better than before.

But I know, I stopped.

I stopped progressing, didn't continue.

Wind 2020-10-30 22:22:23

Yes, it's easy to stop.

People immersed in pain are too easily satisfied.

Tiancheng 2020-10-30 22:22:46

Right.

I have a deep understanding of this.

===== Page 265 [text layer] =====

259

2020-10-30 Can't get approval because the world doesn't work the way you think.

Wind 2020-10-30 22:46:54

Wanting control and **wanting approval** are just two *tendencies* [laughing].

Do you **want approval** from others?

Want to be respected?

Want to be loved? **Want** to be noticed?

Free Heart ~ Hu Limin 2020-10-30 22:47

Want to.

Wind 2020-10-30 22:47

These are all **wanting approval**.

Free Heart ~ Hu Limin 2020-10-30 22:47

Okay.

Wind 2020-10-30 22:47

When you don't get **approval**, you develop **wanting control**.

Free Heart ~ Hu Limin 2020-10-30 22:47

Then how to **release** these?

Wind 2020-10-30 22:48

You feel that the reason you don't get **approval** is that the world doesn't work the way you think.

You **want** others to follow what you **want**.

Free Heart ~ Hu Limin 2020-10-30 22:48

Yes.

Wind 2020-10-30 22:48

You **want** things to run the way you **want**.

This is **wanting control**.

Free Heart ~ Hu Limin 2020-10-30 22:49

It is **wanting control**.

Wind 2020-10-30 22:58

Not like this.

Wind 2020-10-30 22:59

Rather, when you **release wanting to survive**, you simultaneously **release** some of the **wanting control** and **approval** on its surface.

But if you don't **release** enough **wanting control** and **approval**, **wanting to survive** (*fear of death*) won't surface so obviously for you to **release**.

You will subconsciously suppress it, avoid it.

Unwilling to look at it.

Review it.

2020-10-30 Wind & Tiancheng — If you want control, this mental conflict will exhaust you.

Tiancheng 2020-10-30 22:24:57

Do you need to sleep now?

Wind 2020-10-30 22:25:08

===== Page 266 [text layer] =====

260

I don't need sleep now.

Tiancheng 2020-10-30 22:25:28

Are you full of energy?

When did you start not needing sleep?

Wind 2020-10-30 22:25:46

So energetic that I even have to run a lap on the overpass to vent.

I started in the first week of my first retreat **release**.

Tiancheng 2020-10-30 22:26:26

During your retreat, did you not contact the outside world?

Wind 2020-10-30 22:26:36

I didn't have contact.

But you don't have to do it this way.

Tiancheng 2020-10-30 22:27:01

I want to **release** continuously at night, not sleep.

Wind 2020-10-30 22:27:05

If you must have contact with the outside world.

Tiancheng 2020-10-30 22:27:11

Do you think this is feasible for me?

It should happen naturally, don't **control** it.

Wind 2020-10-30 22:27:26

If you **want control**, this mental conflict will exhaust you.

As long as you continuously **release wanting control** and **approval**, the body will generate endless energy.

The emergence of this energy might even be too much for the body to bear.

So you need to go out and run a few laps to vent.

At that point, you naturally stop sleeping.

You don't need to deliberately resist sleep.

Just use all your waking hours for **release**.

Yes, if you're not tired, then **release**.

One after another.

If you feel tired, sleeping does not affect **release**.

I'm just illustrating this point.

Using all your waking hours for it will make you progress very quickly.

I vaguely remember Lester Levenson saying in an audio that if you are **releasing** before you sleep, you will still be **releasing** in your dreams, at the **astral** level.

So, you can sleep. You don't need to deliberately stay awake.

When you **release** to the point of having endless energy, you will naturally stop sleeping.

Is this clear enough?

Tiancheng 2020-10-30 22:33:08

Clear.

This time I am determined to really practice.

Wind 2020-10-30 22:34:09

Go for it. I wish you success.

Wind 2020-10-30 22:34:47

===== Page 267 [text layer] =====

261

Yes, why not use this method to its fullest?

It can bring you even greater benefits.

Wind 2020-10-30 22:34:09

Go for it. I wish you success.

Wind 2020-10-30 22:34:47

Yes, why not use this method to its fullest? It can bring you even greater benefits.

2020-10-31 Release "wanting," let the whole world become your water glass.

Wind 2020-10-31 09:21:10

Most things will happen according to your *wanting*.

When you move to *acceptance* or even tranquility, almost nothing is impossible.

Of course, when you reach the so-called *imperturbability*, this ultimate tranquility that cannot be disturbed, you are *omniscient, omnipotent, omnipresent*.

Wind 2020-10-31 09:23:42

Your "*wanting*" will weaken, your "*deciding to obtain*" will increase.

Release "*wanting*," and you will feel *having*.

When you **release** all *wanting*, you will feel you possess the entire universe.

At this point, **wanting** to do something is like picking up a glass on the table.

Do you need to use a strong "*wanting*" to pick up your own glass?

No, you just need to *decide* to pick it up.

Release "*wanting*," let the whole world become your water glass.

When you **want** to pick it up, you can pick it up casually.

At this point, you won't **want** to save, because everything is yours. What are you saving?

You will only create it when needed.

Edited by Oumi 2022.06.22

[File Name]: 02- (English Language en) - Wind Feng -- China -- Wind Feng - Lester Levenson -- Lester Levenson Six Steps -- TSM – Lester Levenson Original 1992 Sedona Method - Lester Levenson Original Release Method Technique .pdf

THE END.